

BICYCLEPAPER

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June 2002 • Free



The overall health of women's cycling is as strong as ever. Here some 40 riders contest the Cat 1-3 women's race at the Tour of Walla Walla.

How is Road Racing Doing these Days?

By JOE ZAUNER

The health of bicycle racing in the Northwest for 2002 could be described as above average with great promise for the future. Programs are starting to take root and a new crop of volunteers are combining with old-guard stalwarts who have, in some cases, kept vast programs going single handedly.

In terms of numbers, Oregon leads the way, with more races on the calendar and more riders competing on the roads than British Columbia or Washington.

"We're better than healthy," says Candi Murray, who has been the Oregon Bicycle Racing Association (OBRA) president for the past 22 years. "We're growing in leaps and bounds. Our road membership is going to top 1,300 soon. I think we'll end the year close to 1,400."

The transformation of the Oregon cycling landscape started about six years ago when Murray, then the Oregon district representative of the United States Cycling Federation, ceded from the USCF. She took with her about 700 licensed riders. At the time, she felt a disproportionate amount of membership dues were going to fund the USCF national teams and little was coming back to the rank-and-file membership.

Since leaving the USCF, she says she's never looked back. On a recent Tuesday night race at the Portland International Raceway, 100 riders lined up for the Category (Cat) 1-3 race. OBRA riders living near Portland can race almost every day of the week if they combine road and track. And most of the weekday road events are within riding distance from downtown Portland. "There's not enough days in the week to do all the racing we want to do down here," Murray comments.

OBRA also hosts one of the most successful velodrome events in the nation, the Alpenrose Challenge. This year's edition, slated for July 21-23, has the largest prize list in the nation at \$15,000. Olympic gold medalist Marty Nothstein is scheduled to race as he did last year.

"It was like a football game," Murray says of last year's Alpenrose Challenge attendance. "People filled the stands. They brought ice coolers. They came for the whole day. I had one rider on the rail say he had stage fright the crowds were so big."

And one of the reasons the crowds were so big was a partnership formed with a local TV station that ran advertisements for the race as public service announcements. It was the kind of partnership that

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▶ Feature

Courage Classic; Classic Fun!

By SARAH GRINNELL

Thinking about dusting off those handlebars and getting out there to make some tracks this summer? Would you like to tour some of the most beautiful sights in the Pacific Rim region? How about riding your bike to benefit area children? If you answer is yes to any or all of these questions, then there is an event that you will not want to miss this summer - the 11th Anniversary Courage Classic Bicycle Tour.

The Courage Classic provides bicyclists, like you, an opportunity to help keep local children safe. This annual charity event, which takes place August 18-20, raises proceeds to support the Rotary Endowment for the Intervention and Prevention of Child Abuse and Neglect. Not only can you ride to support a good cause; the tour is equipped to provide support to any bicyclist, from beginner to expert through an entourage of on-hand mechanics,

delectable rest stops, support vehicles, and professional massage therapists.

Quintessential Western Washington

The Courage Classic is a three-day, 172-mile tour through the unforgettable Cascade Mountains - a tour that has been called, "quintessential Western Washington". Day one begins in the serene grasslands of the Cascade Mountains, near the Award-winning Snoqualmie winery, the tour passes by the majestic Mount Si, through North Bend, over Snoqualmie Pass, and retires for the first day in the charming town of Cle Elum. During the second day of the ride, bicyclists will enjoy traveling on back country roads, through wheat fields, pine forests and apple orchards, and over Blewet Pass, to enjoy the quaint mountain paradise of Leavenworth. The final stretch of

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▶ Up North

State of the Nation: Bike Racing in BC

By PAUL DONE

Given that the province of British Columbia won more individual medals at the 2001 Mountain Bike World Championships than all but four countries, it is safe to say that there is something good happening on the BC race scene.

While the best of BC's homegrown talent like Roland Green, Alison Sydor, and Ryder Hesjedal is out battling on the Tissot World Cup Mountain Biking circuit, the next group of up-and-coming talent is cutting their teeth in some of the fiercest regional racing anywhere.

Over the years, the BC Cup Championship Series has been a breeding ground for generations of mountain biking talent—the combination of demanding courses and fierce competition has been part of BC's ride to pre-eminent position in

the world of mountain biking.

Speaking of the World, Grouse Mountain in North Vancouver will again host a round of the Tissot/UCI World Cup of Mountain Biking. On the weekend of July 6-7, hundreds of the finest cross-country and downhill racers in the world, along with tens of thousands of screaming fans, will congregate in this spectacular setting to fight and defy gravity (along with lots of roots and rocks).

Life is not all dirt and rocks on the British Columbia bicycle racing scene, though. This year sees the return of the legendary Gastown Grand Prix, arguably the most storied race in the province. It is being held on a midweek evening, July 17th, as part of the big money BC Superweek Series that also includes the Tour de Delta and the

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Talgo Criterium at Seafair

The Talgo Criterium is coming to downtown Seattle in the heart of Pike Place Market on Sunday July 7. Mark Gran and Dave Shaw, the designers of the new 1 km course which showcase 5 turns and 75 feet of climbing per lap, guarantee an exciting race for both riders and spectators as well as a large cash purse.

The start finish line is located on Pike Place at Stewart. The riders will travel counterclockwise on Pike Place to turn left on Western (at Virginia) and negotiate the descending part of the course. The riders then turn left on



Union for a short hill climb before the third left turn, which will bring the racers into the cobbles of the narrow Postal Alley where the only right turn awaits them. Finally they will emerge from Postal Alley back onto Pike Place, a short distance from the finish line. Fast tight racing action with lots of sprint primes and a spectators' friendly course, should bring huge crowd. Mark this event on your calendar

For more information on the event see www.seafair.com

The Pumpkin Pie Phenomena

Bike fit as viewed by Estelle Gray

Blame it on my Mom. I show up at Thanksgiving dinner and my pants fit just fine. Then I eat 2 helpings of everything and three of pumpkin pie. My mom is the best baker in the world!! Then, when no one is looking I am forced to unbutton the waist of my jeans. Aaaaah. I don't open them up much but that little bit gives me all the comfort I am seeking.

I contend that the fit of your bicycle is no different. If you are uncomfortable, it could be that your bike is just a little off or indeed it may be way off. If you own or test ride a bike that is a few inches too long (many people are in this

predicament), it feels very uncomfortable and may not be fixable. However, if you own or test ride a bike that is just a half inch off, it may feel just as uncomfortable. But when you make that slight adjustment (just like unbuttoning your waistband), you may find total comfort.

You should be totally comfortable on your bike. I believe that you should be able to ride about 60 miles before you start wiggling around on the seat or wishing that you could unbutton your top tube. If you are experiencing an uncomfortable fit, you should have it checked out. Adjusting your handlebars up, down, in or out just a half inch can give you that aah feeling!

Northwest Riders on the International Scene

Many Northwest riders have been doing extremely well on the national and international scene this past few months and are worth a mention. Tyler Farrar from Wenatchee, has been showcasing his talent with the USA National junior team in Europe finishing second in the Belgium Tour de Flandres (junior) and taking the win in the first stage of the Three Days d'Axel in Holland. Ryder Hesjedal, Victoria, BC, was racing with the Canadian National Under-23 team. The mountain biker turn roadie for a month won the Maillot des Jeunes and the Paris-Mantes road races and took 4th in GP Super U. Jennie Reed (Kirkland, WA) was in Mexico with the USA National Team for the first Track

World Cup of the season. She finished 7th in the Keirin. Mandy Poitras (Vancouver, BC) was also in Mexico but with the Canadian team and finished 2nd in the 10-km Scratch race. Roland Green from Victoria, BC started the Mountain Bike World Cup season with a second place in Madrid, Spain and a fifth in Houffalize, Belgium. Alison Sydor also from Victoria posted a 5th place finish in Spain and a 9th in Belgium. Other Northwest riders such as BC Ian Condron and Cory Lange have been racing the early part of the season with European clubs, while Gina Grain from BC and Nicole Demars now from Oregon, have been racing in the Tour de l'Aude stage race with the Canadian National Team.

Rocky Mountain Announces U.S. Recall

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Rocky Mountain Bicycles are voluntarily recalling the following mountain bicycles.

This voluntary recall involves 2001 SLAYER and 2001 EDGE 16.5", 18.0", and 19.0" model bicycles. The chainstay on the bicycle can fail at the dropout junction under extreme riding. These models were sold in the United States from January 2001 through February 2002 at authorized Rocky Mountain Bicycles dealers.

It is recommended that owners of these bicycles immediately return them to the store

where purchased for a repair. If the bike currently has the letter "S" stamped into the chainstay yoke, then there is no need for replacement as the bike is already equipped with the redesigned part. If there is no "S" on the yoke, then the chainstay will be replaced. Please note that the replacement will be identified with the stamped "S".

SLAYER chainstay kit P/N: 180173RMB.
EDGE chainstay kit P/N: 180172RMB.
Rocky Mountain Toll Free Line:
1-800-663-2512

Methow Valley Sports Association Recognized for their Conservation Efforts

Six bicycle groups have been awarded 2002 IMBA/Clif Bar Trail Preservation Grants. The \$500 grants support projects that preserve and enhance trail access, promote environmental education, and inspire conservation in the mountain bicycling community.

Methow Valley Sports Association of Winthrop, WA was recently selected to receive a grant from IMBA/Clif Bar for the construction of 12-15 interpretive trail signs that will

educate users about trail access issues, wildlife habitat and conservation needs. Clif Bar Inc.'s investment in trail preservation will continue later this year, when Clif and IMBA team to award six more grants. The application deadline for the next round is July 1 and recipients will be announced on July 15. For more information visit http://www.imba.com/resources/grants/clifbar_grants.html

Aaron's Bicycle Repair Honored

Company Wins BEST Award for Waste Prevention and Recycling

The Business and Industry Resource Venture and its program partners honored Aaron's Bicycle Repair at the first annual Seattle BEST Awards Breakfast Ceremony.

The company was one of seven who received BEST (Businesses for an Environmentally Sustainable Tomorrow) Awards.

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OPINION

Raging Into the Light

By MARK LANSING

For years my goal was to beat Joe Hailey. It never happened.

My first USCF bicycle race came with much training and trepidation. I moved in across the street from a Category 2 Rider (translation: he was extremely fast) within weeks of the Foot Pretzel (translation: after rolling an ankle on a rock, I found myself running on the top of my foot). My competitive running days were done. Riding bicycles was an injury-free substitute activity; and I had a fast training partner. The year was 1990.

Two years later I was ready to race with the big boys. I entered the Masters Category 4 Race at the 1992 Banana Belt. Sticking out was a pale, aged man in a flashy pink uniform on a funky pink bicycle. Turns out he was from Canada, a former Olympic team member in fact.

I was on fire that day, my first race. Got third out of 50 guys. Mr. Pink won the race.

From then on, my goal was to beat that old bastard. I asked around: in a field limited to people 35 years and over, this joker was 48. I was 13 years younger.

Joe was not a young looking 48, and that made me more determined. I can beat him, I kept thinking. And I tried. Over and over.

I distinctly remember the '93 Silverton Criterium, a combined field of masters and women. As tight as courses get, this baby had six corners over a half-mile circuit. Stacey

Peters-today a pro female rider-was in her first racing season, and she escaped with me for a prime bonus. Joe Hailey lurked.

Stacey and I couldn't maintain our pace and Joe's group caught us. The race went on, and with a lap to go, I had re-positioned myself perfectly: fourth place in a line of riders, the first two destined to fail from all the work they had been putting in.

But here comes Joe Hailey on my right. He wants my spot, in the draft of Boy No. 3. I flinch an inch to the left. Joe moves over an inch to the left. I flinch another inch, he takes it. Next thing I know Joe has the wheel of Boy No. 3 and I am breaking my own wind, out of the draft.

Maybe "you had to be there"-but this was a work of surgical craftsmanship on a trapeze, Joe Hailey horned me off that wheel that day, inch by inch at 25 mph. I learned something too. I had virtually no chance of ever getting past him.

Oh, I kept trying, in denial about my fate. But Joe Hailey was just too fast, too smart, too good. He won that Silverton Crit. His last conquest of me? Who remembers: Just add it to the list.

Recently I have become more nervous and less fit to face racing that has become less frequent. I've got a tale of woe that would kill the dog that wagged it. But Joe raged on. On March 30, 2002, almost ten years to the day after we first crossed swords, Joe Hailey crashed in a bicycle race I wouldn't have dreamed of entering. Thirteen years younger, I was too old. Joe Hailey died five days later. "Of complications," they said. He was 58.

Undoubtedly his friends in British Columbia where he lived (how did he get to Oregon so often?) knew him better and could tell you more about him. We spoke a couple of times. He struck me as neither cocky nor humble, just a guy who rode a bicycle really fast and well. My initial perception of him as a man limited by his age became a standing joke on me: "See, you can't judge a book by its cover, just like Mama said." Then he died-in a bike crash, no less-and it stopped being funny.

I have a theory that people are not so much the space they physically occupy as the presence they maintain when, living or dead, they don't happen to be close by. Lance Armstrong is a giant in this way: move the tables back, know what I'm saying? Joe Hailey was like that, too, and in death he has become larger.

An Irish bloke (or was he Welsh?) named Dylan Thomas wrote one of the all-time great poems as his father lay dying in a hospital bed. Dylan wanted to say a few final words to his dad, but his dad couldn't hear him, so Dylan put a pen to paper and wrote that poem, which ended something like this:

"Do not go gently into that good night;
Rage, rage into the dying of the light."

Now for a bicycle racer, the best way to go "not gently" might just be to die in a spectacular bicycle crash. I am glad I wasn't there; it could not have been a pretty sight. From a distance, we can put a rosy hue on Joe's demise, which this once may be closer to the truth.

Joe Hailey will forever be the guy who went raging.

Beyond Cycling

Just found your web site. The bike articles are great.

Please correct the advice on junk e-mail. You should never respond to it, not even that handy little "contact us to remove your name from our list" link. All that does is prove that yours is a "live" address and put it on a "live addresses" listing. That will increase the amount of junk coming to you.

Kevin S.

Finance Bicycle Education - Not Facilities

I read the article by Barbara Culp and also the article by Brita Johnson of BTA.

While cyclists everywhere are fighting for the right to travel on the road, we should not be deluded by the fiction of facilities.

"Facilities" is a red herring, a magic fix, seen by many as a way to expand bike culture. Barbara Culp, Peter Lagerwey (Seattle Bicycle Advisory Board) et al. Are wrong. They are playing into the hands of the road lobby whose agenda is to exclude cyclists from roads.

We should ask: why is Seattle planning to spend billions expanding/building roads?

We should also ask: are these planners cyclists? I think not.

Building roads has been conclusively shown to make traffic worse!

A bike path network (I have used the bike paths of Holland) won't work in a city. The junctions are dangerous.

Cycling on the road is safer and faster. Even Lagerwey has admitted the need to ride on the road!

We need education and severe penalties for drivers who threaten/injure/kill cyclists.

BTA are doing something right. They have developed a bicycle education program for kids. I am using the BTA curriculum to help their parents, too. My program is called "Drive Your Bike"

- Graham Cooper

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was years in the making, and when it took root, it paid huge dividends. "We just decided to do one (big) event, to do it right and people would come," Murray explains. "And they have."

The masses have indeed supported OBRA events, but the association's departure from the USCF has hurt some of its elite athletes. Since OBRA isn't a part of the USCF, the national or international (UCI) governing bodies of cycling currently recognize none of their races.

This means OBRA racers have to compete out of state in order to upgrade to the next USCF category or be considered for national and Olympic teams. They're also relegated to the back of the starting line at national events, like the cyclocross national championships.

Portland resident Erik Tonkin, despite being one of the top cyclocross athletes in the nation, has started the last two national cyclocross championships from the very back of the field, which is a big disadvantage since the races in that sport are relatively short.

Murray is hopeful that this will change soon. She said when OBRA struck out on its own, there were a lot of hard feelings between her organization and the USCF. "There aren't a lot of people left in Colorado Springs from when all this started," she mentions. "A lot of the history isn't there anymore."

Like Tonkin, many elite Oregon riders follow the big races on the Northwest circuit, which brings them to the state of Washington and its governing body, the Washington State Bicycle Association (WSBA).

There are currently 900 WSBA members, and from its ranks have emerged some topflight programs that have produced some national caliber athletes. In Oregon, OBRA oversees all bicycle racing - road, track, cyclocross and mountain. In Washington, there are many teams, organizations and individuals who are the driving force behind the success of cycling in that region.

"When I got up here seven years ago, I was very impressed with the quality of rider from a standpoint of ability," said Steve Higgins, a former professional cyclist and now a coach and athlete. "I think the level of ability has gone up some and I think we're slowly developing more high-end racers."

Higgins believes that Washington has the strongest fields in the Northwest. He said that, in any given race, 20 to 30 athletes in the Pro 1-2 peloton can potentially figure in on final outcome of the event. He says a new breed of athlete, educated to the ways of nutrition and physiology, is emerging from the Washington peloton and their presence has boosted the level of competition across the board.

"When I started coaching athletes two years ago, I realized then that there was a level of ignorance in regards to proper coaching technique and nutrition," Higgins comments. "There was so much haphazard training going on. But now there are quite a few coaches in the Northwest and the level of awareness has grown. Right now I think we're really on the cusp of putting out some really great riders."

In terms of numbers, WSBA president Dave Douglas said he sees little difference between the 2001 and 2002 elite peloton, but he mentions that he has seen a progression of older riders leaving the Pro 1-2 group to race in the masters' races. Although this might

seem a natural progression, Douglas explains that this hasn't always been the case. Many times riders just drop out of the sport altogether instead of disgracing themselves by racing with the old men.

But master racing has become so competitive in recent years, that many of the top riders are capable of, and often do, win on the Pro 1-2 level. Excel rider Glenn Bunselmeyer, 43, for example, had the fastest time trail regardless of USCF category at the Mutual of Enumclaw Stage Race.

"It takes such a commitment to race at that (Pro 1-2) level," Douglas says. "There's a big difference between the amount of training it takes to do a 50-mile road race and the amount of training it takes to do a 90-mile road race. And that's what you're looking at when you decide which category to race in."

Douglas considers that the Pro 1-2 fields have stayed steady, and besides the increase in master racing, he has seen a jump in the number of riders racing in the Cat 3, Cat 4-5, and Cat 4 women races.

This he credits various organizations and individuals with increasing these field sizes.

The Lake Washington Velo club, whose chief sponsor is Broadmark Capital, has taken riders from the Cat 4-5 ranks to the top of the Northwest Pro 1-2 peloton in as little as three years. They've also acted as a stepping stone for two Northwest cyclists (Svien Tufts and Russell Stevenson) into the professional ranks.

The Northwest Women's Cycling (NWWC) organization has helped the distaff side of cycling through programs that make the sport less intimidating for beginners. The NWWC started the first women's Cat 4 race series in the nation. It also promotes pre-race coaching clinics, bike handling clinics and meet-the-team rides, which allows women to meet with prospective teams before deciding who they want to race with in the coming season.

For track and cyclocross, the Marymoor Velodrome Association (MVA) has been the driving force behind most events. For the past ten years, Jerry Baker has almost singlehandedly run the MVA. It wasn't until the past two years that world silver medallist Renee Duprel and former cyclocross standout Craig Udem stepped up to serve their cycling community. And they've done it in a big way.

Duprel has about a dozen juniors racing under her tutelage and Udem spearheads the cyclocross clinics and racing programs. "Jerry Baker has been the workhorse behind cross and track for the last ten years," Udem explains. "Now there's a crop of people like myself, Renee and Jim Brown (coach/promoter of RADD Racing) who are really stepping up for the next generation."

In terms of star athletes, British Columbia leads the Northwest. Sure, Washington has 1999 national criterium champion Kenny Williams and Oregon has Tonkin, but British

Columbia has Roland Green, Geoff Kabush, Scott Goguen, Alison Sydor and Sandy Espeseth - riders who have proven they can come down to the states and reap havoc on roads whenever they want.

Add into the mix the fact that the city of

Victoria hosts one of the three Canadian National Training Centers and there's the real potential of world class athletes showing up at regional races anywhere in the Northwest at any time.

Cycling British Columbia (CBC) is the governing body of cycling in British Columbia and has about 800 road racers. Most race on the road, but many aren't road specific. Instead, cyclists in British Columbia tend to cross

over to mountain and cyclocross without hesitation. Some even race on the track, but track racing in British Columbia isn't as popular as in Washington and certainly not as popular as in Oregon.

Where Washington — and Oregon to a lesser extent — seem to produce the best criterium racers in the Northwest, the best road racers seem to emerge from British Columbia. There are few criteriums on the calendar up north, so consequently few trains for them. They instead opt for a road racing training regime. Add to this the fact that most of the road races are run over very difficult courses, and you have all the elements of a system that produces high-caliber road athletes.

Big teams aren't real popular in British Columbia either. While in Oregon and particularly Washington, team tactics seem to dictate much of the racing, in British Columbia it's a different story. Steve Colborne, BC Cycling Office Manager, speculates that this may be one reason why British Columbia racers seem so much more aggressive in comparison to their American counterparts.

At the Mutual of Enumclaw stage race, for example, British Columbia rider Luca Segato raced much of the first and the entire second lap of the 83-mile road race alone, well out in front of the field. The road race and entire stage race was won by British Columbia rider Scott Goguen, who rode almost all of the last two laps in a solo break while behind him the big Washington teams bickered as to who should take up the chase.

"It might be that fields are smaller here and a lot of the courses are quite difficult," Colborne says. "It forces you to have to work hard. And a lot of

the times the riders aren't use to all the big team tactics. There's more of an individual style up here."

The British Columbia road race calendar doesn't completely fill up the entire road-racing season. As is true with most metropolitan areas, there are small weekday races. Vancouver, for example, holds a Tuesday night circuit race that attracts about 200 total riders, with about 40 riders in the Cat 1-2 race. Victoria and Nanaimo also host weekday races.

"The courses are difficult circuit races," Colborne explains. "It's super aggressive racing — people trying things they really wouldn't do on the weekend."

What British Columbia seems to lack in terms of a quantity of races, it makes up for with quality. Three of the biggest races on the Northwest calendar are the Tour of Delta, the Steamworks Tour de Gastown and the Tour de White Rock, which combined give you the BC Superweek (July 12-21). All three events offer a \$10,000 prize list and feature great spectator-friendly courses.

"White Rock course goes along the beach and people are out drinking beer and watching the race, but it's brutally hard," Colborne comments. "It usually attracts the highest caliber rider."

One advantage CBC has over OBRA and WSBA is a paid staff. There are four paid positions at the CBC that serve a total of 2,000 combined road, track, cyclocross and mountain bike members.



A group of Oregon and Washington riders climb over a hill at the Kings Valley Road Race near Corvallis, OR.

Photo by Joe Zauner



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► "Courage Classic" from page 1

the Courage Classic climbs over Stevens Pass and brings riders to a pleasing finish in Skykomish.

Sponsored by Capital One, UPS, Old Town Bicycle, and regional Rotary Clubs, the Courage Classic has grown to be a great bicycle tour as well as a successful family tradition for hundreds of people in the Northwest. It is all about good food and good people. "Our goal was to create a social event, and it's really been that" says Joe Lawless, former event organizer, "it's a low-key event, where people are not competing, but just having a good time. There is an even split between hard core bicyclists and people who become riders because of the cause."

If you ask anyone about what they remember most about Courage Classic tour though, participants of years past would probably mention something about the food. The Courage Classic is a chance to truly be fed like kings and queens - and you don't have to do the dishes. "From breakfast to dinner, and everywhere in between" the volunteer staff provides Courage Classic participants with

impressive spreads that range from spaghetti dinners to satisfying carbo-snacks along the way.

For a Good Cause

The Rotary Endowment for the Intervention and Prevention of Child Abuse and Neglect began ten years ago in an effort to support programs within Tacoma's Mary Bridge Children's Hospital. With the help of events such as The Courage Classic, which contributed a record high \$300,000 last year (even though the event was canceled due to fire danger), the Endowment has outgrown it's \$2 million goal and is now aiming at higher



Photo courtesy Courage Classic

Can you handle Courage Classic's food stops?

goals to promote child safety.

Funds that are raised through this endowment go toward a number of different programs, focusing on providing a healthy lifestyle to those children who have suffered from abuse. The child Abuse Intervention Department

within Mary Bridge Children's Hospital not only houses medical professionals, but provides a staff of CPS, law enforcement, prosecuting attorneys and therapy staff to fulfill a broader

spectrum of a child's needs.

Beneficiaries of the riders and the contributors of Courage Classic include intervention programs for sexual and/or physical assault,

the evaluation program for children removed from Methamphetamine Labs, suspected child abuse review teams, parenting partnerships, the foster care assessment program, and the comprehensive Children's Advocacy Center of Pierce County. Through these programs, the riders of Courage Classic truly make a difference in the lives of children throughout the Puget Sound.

Plan Ahead for the Courage Classic

Whether you are new to the area and want to see more of Washington's amazing scenery, or are already familiar with the area; whether you are an expert or a novice in bicycle touring; regardless of your age, you will most definitely take delight in the camaraderie of the Courage Classic event. You'll enjoy both the exhilaration of the ride and the fulfillment of knowing that you have helped to make a healthier life for a child. This is how it works - go to www.courageclassic.com or call 1-800-39cycle to get a registration and pledge form. Space is limited so organizers suggest that you plan ahead for your pledges and save your appetite.

\$100,000 Down, \$1,000,000 to Go

Pedal for a Purpose



By Paul Clark
Bicycle Paper
publisher

An experiment inviting riders to raise funds for the Seattle to Portland Bicycle Classic (STP) has led to the explosive growth of an association looking for more rides in more states to raise even more money. Pedal

for a Purpose, now in its fourth year, continues to gain momentum.

"We raised \$100,000 last year," claims association founder Ellis Corets. "That's after raising \$12,000 the first year and \$50,000 in the second." Corets says he looks forward to the goal of one million dollars raised in a single season.

As a cancer survivor and 13 year veteran of STP, Corets' says he founded Pedal for a Purpose as a positive experience for everyone involved. He explains that STP had a check-

off donation box on the registration form but the results were lackluster. His idea was to invite riders to raise funds for the cause of their choice.

The Cascade Bicycle Club, producers of Seattle to Portland, were very skeptical and delayed testing the idea as they feared riders would think STP had become an exclusive fundraising ride. Corets' saddled himself with all aspects of operating Pedal for a Purpose and is now enjoying the results of his persistence.

Today, STP enjoys a fresh influx of riders who are riding only because of their cause. Riders enjoy a well-supported bike ride and charities see the idea as a very inexpensive way to raise funds compared to producing and operating events themselves.

"100 percent of all funds raised go to the

charity," comments Corets. "This is very rare in fundraising today". Corets explains that riders are offered a refund of their registration fee and gift certificates from REI for their efforts, however most waive these for further support of their cause.

Charities are screened by Corets to make sure they are legitimately non-profit groups. Charity sign up is a year-round process and 23 are officially inviting riders to pedal for their cause. Many top local groups as well as some less-known charities make up the list. These include Fred Hutchinson Cancer Research Center, The Lupus Foundation, Northwest Parkinson's Foundation, Eastside Domestic Violence Program, City of Hope and 18 others. Pedal for a Purpose is being invited to bring

the program to other bike rides. Ride Around Washington (RAW) is the first new event since the initial agreement with STP. Where STP riders are asked to raise \$350 for

reimbursement of their \$70 entry fee, RAW riders are asked to raise \$2,500 for reimbursement of their \$525 entry fee.

For more information about Pedal for a Purpose including event registration, detailed charity lists and more, go on the web to www.seattletoportland.com, click on "Get registered" and "Pedal for a Purpose". Ride Around Washington information is available at

www.cascade.org/raw by clicking "Ride for Free". If neither of those sites answer your question, contact Bicycle Paper at 206-903-1333.



Photo Courtesy of Scott McKinley

Hal Newsom riding for the Parkinson's Foundation in last year's STP.

Nutrition's Very Basics



By Michael Petty
MA, MSPT

The saying goes that there are many ways to skin a cat and so there are many ways to feed a body, though not all are good for it. Nutrition and diet contribute to both health and performance on the bike. I thought I'd take some

time to review basics regarding nutrition for readers to use as a starting point in examining your own dietary regimen. I gratefully acknowledge Andrew Weil's numerous books for helping me to better understand nutrition.

Many of you know that carbohydrates, fats, and proteins are the basic blocks of a diet. Carbohydrates (so-called carbo) usually compose the greatest percentage of calories in a diet and are, simply stated sugars of

varying complexity. They are particularly important because they are the most accessible source of glucose. Glucose is the stuff of life, especially for nerve/brain cells. For muscle cells, the glucose is stored in the form of glycogen that provides short-term fuel for muscle contractions. The usual caloric figure for carbohydrates is 4 calories per gram.

For longer term and denser fuel sources, the glucose can be stored as fats. Fats also provide insulation and protection to organs. Getting the energy from fat takes longer but is more efficient. Most folks have heard of saturated and unsaturated fats, but actually fats are mixtures of these two types. For example, olive oil (yes, oils are a type of fat that are liquid at room temperature) is a

mixture of 14 percent saturated fats and the rest unsaturated fats. At 9 calories per gram, fats and oils are very dense sources of calories.

Finally, there are proteins, which are literally the building blocks of living matter. While some parts of proteins can be converted to glucose, this is not the body's first choice for energy. This makes sense, as you would not want to be "digesting yourself" except in rather extreme circumstances. At 4 calories per gram, they are similar to carbo in energy content.

So what? I mentioned Dr. Weil because I find his perspective on nutrition very enlightening. He can comfortably discuss both Western and Eastern methodology with logical rationale. One of the points that I take from his work is that there are very few bad food items. Diets that maintain that all fat is bad are as

faulty as those that decry carbo, because there is ample evidence that a balanced diet with a mixture of carbo, fats and proteins will allow optimum health.

Another very good source of online information is at www.dietitian.com. You can even submit your own questions for reply. This is a concise source for information on exercise and nutrition for those with a hankering to know more.

Enjoy your time at the table and on the bike.

Michael Petty, MA, MSPT
Licensed physical therapist
Nationally certified in therapeutic massage and bodywork
Nationally certified fitness consultant
Lone Star Fitness
206-355-7827 or pettymichael@hotmail.com

Make That Road Bike a Super Comfy Town Bike

By GRANT PETERSEN

You may change an old road bike you don't ride anymore into a bike that will haul you around in unimaginable comfort. It will probably cost you between \$50 and \$90 to do that, depending on how many of the parts you will need you already have; and between an hour and four to do the work, depending on how fast you are.

The key to comfort is getting the handlebars up. It's not important what kind of bars they are, just get them higher. Higher bars take weight off your hands and arms, and reduce stress on your neck and back. They let you sit more upright, so you can see better. It's hard not to like them.

How high should the bars be?

At least as high as the saddle and higher is better.

Any problems with high bars?

No. Just don't raise the stem past the "maximum height line". Every stem has one, and it should be buried below the locknut of the headset. You know that every time you talk about something mechanical, you have to be so careful to say something to the effect that, "Failure to do this or that may result in death." Failure to do that may result in a lawsuit, but it sure slows down the instruction.

Bury the "maximum height line" below the locknut. Doing so will invariably require a new stem, with a longer quill (the part that sticks into the fork) or a steeper rise to the extension (the part that shoots out and grabs the bars).

If you're mission is to spend as little as possible, you can likely get by with just a new stem and cables. New, they'll cost \$50 or less, and possibly way less.

Handlebar options: Drop bars are great, but often people hate them because they're too low. If you raise them up, you get all the hand positions they offer, but you don't have to bend over so much to reach them.

Flat bars are fine. You don't get many hand positions, but for short rides that's probably not the worst thing in the world. New flat bars run from \$20 to \$50, but you'd have to be nuts to spend \$50 on flat bars for a town bike.

Sweepy bars are ideal. You get an upright position and compared to flat bars, a more natural, wrist-inward grip. It's easier to climb hills this way, and for most people it just feels better. Also, they come back toward you more, so the bars are easier to reach. Sweepy bars are harder to find than are flat bars, but they cost about the same.

Brake Levers: If you're changing from drop bars to flat bars or sweepy bars, you'll need to get new brake levers, too. Every bike shop in the world sells mountain-style brake levers, and they cost \$20+.

Shifters: If you're changing bars and your old shifters don't fit the new bars, and you want the shifters on the handlebars, get new shifters. The cost will vary from \$12 for the cheapest SunRace friction thumbshifters (SunRace part number SLM10; www.sunrace.com) to some kind of fancy twist-grip shifter that will run you closer to \$80. The SunRace ones work great, but are so cheap that most bike shops don't sell them. They can order them, though. I'm not saying

spend as little as you can, or that you would be dumb to spend more than \$12 on shifters. I'm just saying the \$12 SunRace models will do you fine.

As always, your bike shop can get you through all of this. A comfortable bike that gets ridden beats an uncomfortable one that doesn't, any day.

Grant works at Rivendell Bicycle Works. www.rivendellbicycles.com



1



2



3



4



5



6

The above pictures show most of the steps in the transformation.

- 1-Before: The top of the drop bars are two inches lower than the saddle, and the lower part is almost eight inches lower. So even if this bike fits you, you'll be leaned over and crunched.
- 2-Notice Mark's forward lean and his straight locked out arms. This position has no benefit for short rides around town and in traffic. It's not upright enough for peeping up the road to see what's coming.
- 3-After the makeover: Higher bars. Now the grips are three inches higher than the saddle, and nearly nine inches higher than the bottom of the drop bars; plus they're closer.

- 4-The new bar position let Mark sit upright. A position such as this may require a wider saddle, but that's another story. At least he can sit up, carry something, and look down the street.
- 5-You'll need at least different bars, and look for ones with a rise in them. These here rise about three inches. A stem that juts up or has a longer quill helps too. If you're converting from drop bars you'll need new brake levers. And once you're sitting up higher, it's nice to have the shifters there too.
- 6-Clipless pedals such as these are ideal for town riding, because you can ride them in any shoes. For riding in town, you don't need to be connected to the pedals - ask any kid!

► "Up North" from page 1

Tour de White Rock. This series should see the highest caliber of road racing in BC for years and should bring some US pro talent North to try and gobble up the Canadian bucks.

Though it has been a little while since BC produced a world class road racer, there is no shortage of excellent racing all season long in the province. Along with Superweek, there is a strong BC Cup Series on the road with events from the interior to Vancouver Island. The weekly training races in Victoria and Vancouver draw hundreds of lycra lovers a week for anaerobic fun.

This is all fine and dandy for the elite athlete set who live to train, but the biggest event in the province each year for non-elite riders is, undoubtedly, the Squamish Test of Metal (www.testofmetal.com), the highlight of the week-long Squamish Mountain Bike Festival. To be held on June 22 this year, this 42 mile off-road race, with nearly 7000ft of climbing, is an annual opportunity for the recreational rider to set and meet an epic challenge. And take the challenge they do, as the race annually

sells out to its 800-rider maximum weeks in advance.

The face of mountain bike racing is changing as the sport in general changes. The evolution of the freeride scene has reinvigorated the downhill side of the sport as recreational riders search for a chance to test and measure their skill and bravery against others. A recent development in the sport is that of the judged freeride competition, and though there has not been any agreement on a standard format, the growing prevalence of big equipment and riders who like to chuck themselves from high places means that this is a sure-fire

growth area in the sport.

If there is one sore spot in the BC bike racing scene, it is the lack of high level racing in the Whistler area. The Grouse Mountain World Cup race was originally to be held in Whistler, and its resounding success has proven the shortsightedness of the various Governments in the area in not supporting the original bid. Since that time, no one has stepped forward to organize big time racing despite the amazing terrain and trails infrastructure. (They do have the best chairlift-accessed riding park in North America, but that will be saved for another column.)



Photo by Eric's Photo Lab

Downhill and freeriding scene are constantly growing in BC.

Up North



If you race a bike and you want to know how Roland Green and Alison Sydor got so fast, you can so much worse than head north on the I-5 for a taste of racing, BC style!

For more information on bike racing in BC, the best place to start looking is www.cycling.bc.ca, the website of Cycling BC, the provincial racing body.

Paul Done is not only a bike commuter and bike racer, but he also works in the bike business and sits on the Board of Directors for Cycling British Columbia. He should consider getting a real life!

Learn a Skill, Earn a Bike

BY JILL MAYNARD

Ever wonder how we, as a community, can combine the used bikes of the world with programs for kids? Well, Bike Works, Seattle only non-profit bike shop, is doing just that by building communities through educating youth and promoting bicycles. They achieve this with the community bike shop, the Earn-a-Bike program and the Youth Ventures bike club, and with lots of volunteer support.

In Earn-a-Bike, kids learn repair skills then fix bikes for others in exchange for their own reconditioned bike. Due to the location and focus, they work with a very diverse group of youth ranging between 9 to 17 years old. The kids go through a series of eight bike repair classes and learn skills ranging from overhauling a hub to adjusting brakes and derailleurs. Once 24 hours of work are accumulated, they are able to ride home with their own set of wheels, which they fixed up themselves. The other bikes repaired by the kids going through this program are donated to organizations such as FareStart, Treehouse and the Seattle Children's Home.

Initially, many youth come to Bike Works as a means of earning a bike mostly when they cannot afford one, however they return for the sense of community, the stability and to increase their bike repair skills. Some kids graduate from the program and are satisfied with earning their one bike, but some earn additional bikes either for themselves, friends or their family.

Last fall the Youth Ventures program was introduced, creating a bike club and rides for kids. Many have gone on numerous BMX, community and mountain bike rides, and with the return of sunshine and longer days, plans are to ride as much as possible during the upcoming months.

A unique aspect of Bike Works is that all the bicycles sold and earned are donated. A focal goal of Bike Works is to reuse as many resources as possible, which lead to an annual redistribute of 1,000 bicycles which would have otherwise been destined for the dump. In addition to the local programs, bikes are shipped for distribution to Ghana, Africa, where they are often used as the sole mode of transportation of many Ghanaians.

Actually in the works are the Earn-a-Bike classes and the preparation for the summer bike camps, the Kids Bike Swap and the third annual Summer Cycle Challenge. The Challenge is an annual bike-a-thon fundraiser where riders collect sponsors and ride along Lake Washington. This family event includes an afternoon of music, food and an array of events such as unicycle performances, flatland BMX, chopper and a photo booth. It is a great way to connect with both the biking and the Seattle community, while raising money for the various programs.

Bike Works is fortunate to be able to count on a strong volunteer base, which make these programs possible. Volunteers help mentor kids in the Earn-a-Bike program, fix bikes and lead bike rides. New enthusiastic people are always welcome to join the Bike Works community and help make a difference.

For additional on Bike Works contact Jill at (206) 725-9408 or via email at bikeworks@scn.org. You can also visit us at 3709 S Ferdinand St, in Seattle or on the web at www.scn.org/bikeworks.



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The Who's Who of Northwest Road Racing

By JOE ZAUNER

Kenny Williams

Team: Saturn of Bellevue

2002 Accomplishments:

- Jack Frost Time Trial: 1st
- Kings Valley Road Race: 1st
- Boat Street Criterium: 1st
- Tour of Walla Walla: 1st GC, 1st Criterium
- Volunteer Park Criterium: 1st
- Tahuya-Seabeck-Tahuya Road Race: 2nd

Notes:

Williams is the 1999 National Criterium Champion; a widely respected sprinter on a national level, Williams can also time trail and road race well; despite his success on the road this year, he is concentrating on the pursuit on the track.



Emily Westbrook

Team: Gregg's/VW

2002 Accomplishments:

- Jack Front Time Trial: 1st
- Bellingham Omnium: 1st GC, 1st Criterium
- Snohomish Road Race: 2nd
- Vance Creek Road Race: 2nd
- Volunteer Park: 2nd
- Tour of Walla Walla: 2nd
- Enumclaw Stage Race: 2nd

Notes:

Westbrook is widely considered the best criterium racer in the Northwest. She is a solid road racer, a fair climber and likely the best at the time trial in the Northwest.



Scott Goguen

Team: Norco

2002 Accomplishments:

- Mutual of Enumclaw Stage Race: 1st GC, 1st RR
- Nooksack Road Race: 2nd
- Garry Lund: 8th

Notes:

Goguen is a solid all-arounder; widely considered one of the top three road racers in British Columbia; he is currently leading Vancouver's Tuesday night race series; he is a Commonwealth Games bronze medalist in the road race.



Tour of Walla Walla opening time trial; a strong climber; comes from a mountain-bike background; this is his first full year of road racing.

Erik Tonkin

Team: Kona/Team S&M

2002 Accomplishments:

- Elmira Road Race: 1st
- Tahuya-Seabeck-Tahuya: 6th
- Victor Point Road Race: 6th
- Kings Valley Road Race: 9th

Notes:

Oregon cyclocross and all-around strongman, Tonkin's first and only career road win was a 75-mile solo break; known for his lack of finishing speed, but also for his long-range strength and general determination.

Jeanette Nussbaum

Team: Recycled Cycles/Kona

2002 Accomplishments:

- Snohomish Road Race: 1st
- Tahuya-Seabeck-Tahuya Road Race: 1st
- Tour of Walla Walla: 1st
- Mutual of Enumclaw: 1st

Notes:

Nussbaum is a Ph.D. candidate in microbiology at the University of Washington, consequently she doesn't race often, but when she does, she normally wins. She is a fierce climber, a good sprinter and solid in the time trial.



Tyler Farrar

Team: Broadmark/Elitebicycle.com

2002 Accomplishments:

- Tour of Dungenous #3: 1st
- Boat Street Criterium: 2nd
- Tahuya-Seabeck-Tahuya: 2nd
- Volunteer Park: 3rd

Notes:

At 17, Farrar is considered by former national team coach Eddie Borysewicz as the next great American cyclist. Currently racing on the National Junior team, Farrar was second at the junior version of the Tour of Flanders in early May.



Naomi Gollogly

Team: Trek/VW/Bike Gallery

2002 Accomplishments:

- Kings Valley Road Race: 1st
- Elmira Road Race: 1st
- Lake Oswego Criterium: 2nd

Notes: Gollogly is a solid all-around rider.

Doug Ollershaw

Team: Trek/VW/Bike Gallery

2002 Accomplishments:

- Victor Point Road Race: 1st
- Lake Oswego Criterium: 2nd
- Tahuya-Seabeck-Tahuya: 5th

Notes:

Ollershaw is a make-the-break rider; he's shown a penchant for climbing and also has finishing speed.

Dylan Sebel

Team: CDS Lumber/Kenwood

2002 Accomplishments:

- Tour of Walla Walla: 2nd GC, 1st TT
- Mutual of Enumclaw Stage Race: 7th
- Bastion Square Criterium: 10th

Notes:

Sebel appeared on the radar after defeating Kenny Williams at the



Marni Pratzki

Team: Trek/VW

2002 Accomplishments:

- Seward Park Spring Classic: 1st
- Nooksack Road Race: 2nd
- Garry Lund Road Race: 5th
- Mutual of Enumclaw Stage Race: 8th

Notes:

All around strong rider, tremendous finishing speed and bike handling skills make her potent in criteriums.

Todd Coglon

Team: Broadmark/Elitebicycles.com

2002 Accomplishments:

- Eugene Cycling Weekend: 1st
- Tour of Walla Walla: 3rd
- Snohomish Road Race: 9th

Notes:

First-year Cat 2 rider; strong in the time trial, which makes him a threat in most stage races; climbs well.

Others to keep in mind:

Annette Hanson (Saturn of Bellevue); Matt Osborne (Part One International); Sean Dawson (Norco); Karlee Brandner (Trek/VW); Luca Segato (Part One International); Sandy Espeseth (Kappa); Cameron Evans (Broadmark Capital); Geoff Kabush (Kona); Nicole Demars (Bianchi USA)

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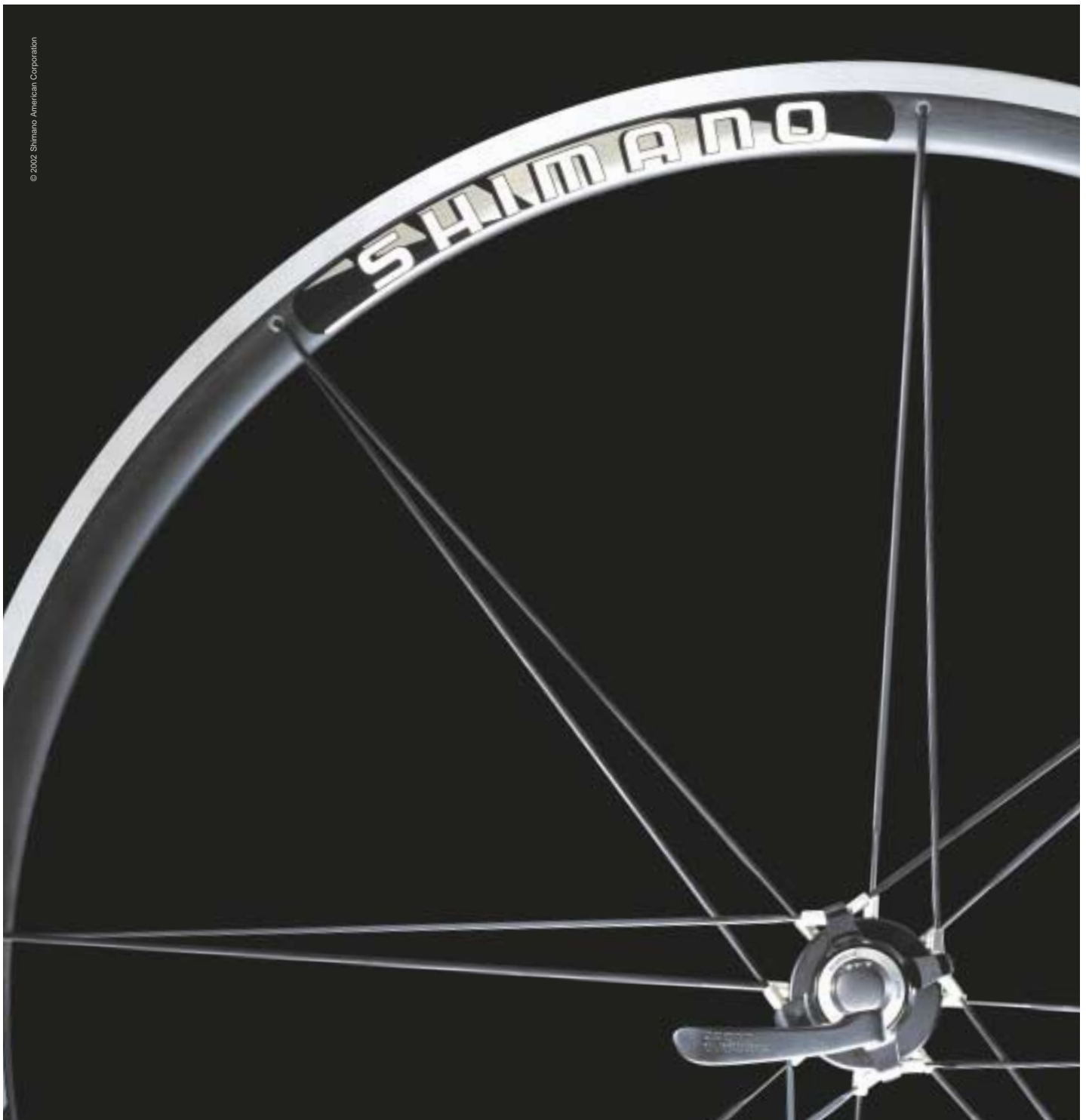
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All events are listed chronologically within their respective sections:

Events (clinics, expositions, lectures, etc), **BMX competition**, **Cyclocross**, **Multisport** (events that include cycling as part of the competition), **Off-Road Racing** (competition featuring single-track and other off-road riding), **Off-Road Touring** (rides featuring single-track and off-road riding), **Series** (weekly competitions where cumulative point standings are awarded), **Road Racing** (bicycle competition), **Road Touring** (road rides of various distances and for any type of bicycles), **Track** (velodrome type event).

To conserve space, we've chosen to run web sites only on events where both web site and email are available. If you are an organizer and your event is not listed, or if the information listed changes, contact us and we will gladly make update the calendar. Please send your event information in the same style and format as seen here.

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EVENTS

JUNE

Jun 1-30: Bike to Work Month - June Challenge

King, Kitsap & Snohomish Counties. Ride your bike to work the month of June and win prizes! Linda Schwartz, Cascade Bicycle Club, Box 15165, Seattle, WA, 98115. 206-522-BIKE, www.biketoworkday.org

JULY

Jul 17: Bicyclists' Legal Clinic

Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

Jul 27-28: Washington State Senior Games

Olympia, WA. 2002 National Qualifying year in 18 different sports for age 50+. Events also in Lacey and Tumwater. Compete in your own age group. Puget Sound Senior Games, P.O. Box 1487, Olympia, WA, 98507-1487. 360-413-0148, www.pubetsoundgames.com

MULTISPORT

JUNE

Jun 2: 6th Annual OC&E Woods Line State Trail National Trails Day Event

Klamath Falls, OR. Switchback Section of the trail (MP 32.5) 7, 10 & 18 mile Mt. Bike, equestrian routes. 10k run, 3.5 mile guided nature hike. Art Sevigny, Klamath Trails to Trails Group, Box 2102, Klamath Falls, OR, 97601. 541-884-3050, sevignya@cvc.net

JUNE

Jun 2-7: Santa Fe-Taos Tour

New Mexico. 6-day Tour: Bike, Hike, Raft. Highlights: Banderlier Natinal Monument, Enchanted Circle Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

RACE SERIES

Apr 2-Sep 24: Tuesday Night PIR Race Series.

Portland, OR. Portland International Raceway. Summer race series for all Cat 1-5, women and juniors. First time racers to pros. Registration opens at 5:30 p.m. First race at 6:05 p.m. Jeff Mitchem, River City Bicycles, 3143 SE Main St, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

Apr 4-Cycling 22: Seward Park Thursday Night Cycling Series.

Seattle, WA. Thursday night criterium on 0.8 mile loop inside Seward Park, one 120 degree turn and 100 yard hill. All categories \$8 David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Apr 6-Sep 7: BC Masters Association Race Series.

Events take place throughout BC, from Vancouver Island to New Denver. Participants must be 30+ years in age. Events include TT, RR, Criterium. Riders go off in 10 year age groups. Tony Hoar, BC Master Association, 250-743-9915, www.bcmasterscycling.net

Apr 9-Aug 27: Tuesday Night Road Race Series @ Pacific Raceways (formerly SIR).

Kent, WA. Road Race series with 4 alternating courses. Cat 1/2/3, Cat 4/5, Masters 35+ Tracy Jolly, Seattle, WA. 206-322-0072, tjolly@seattlemortgage.com

Apr 19-Aug 23: Friday Evening Spring/Summer Series.

Sumner and Port Orchard, WA. Friday night race series at Riverside Park and South Kitsap Community Park. Registration from 6:00-6:30pm. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com

May 2-Aug 29: Emerald Valley BMX.

Eugene, OR. Thursday night racing - Registration 6-7 pm, Racing at 7:30, race fees \$5.00 Eric Filley, Emerald Valley BMX, 541-484-6379

May 2-Sep 26: Alpenrose Weekly Series.

Portland, OR. Alpenrose Velodrome, thursday evenings track racing. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

May 3-Aug 30: Alpenrose Friday Night Racing.

Portland, OR. Alpenrose Velodrome - Friday night racing for Masters men, juniors & novice women Jamie Mikami, 503-452-0312, www.obra.org

May 4-Aug 31: Emerald Valley BMX.

Eugene, OR. Saturday racing - Registration 10 - 11 am, racing at 11:30, race fees \$7.00. Eric Filley, Emerald Valley BMX, 541-484-6379

May 6-Sep 9: Lakeside Bicycles Monday Night Masters & Women PIR Series.

Portland, OR. Course is 1.9 mile in length, closed to traffic with distances depending on amount of daylight and category. Racing is for Masters 30+ and ALL women. Racers must be OBRA members, can join at race. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.eugenecelebration.com

May 15-Aug 28: Marymoor Wednesday Night Track Racing.

Marymoor Park, Redmond, WA. Track Racing Wed. nights @7:00 p.m. Masters, Women Cat 3 & 4, Men Cat 4 Sandy Seidensticker, Marymoor Velodrome Association, 12036 201st Place NE, Woodinville, WA, 98072. 425-869-1545, www.marymoor.velodrome.org

May 17-Aug 30: Marymoor Velodrome Friday Night Racing Series.

Redmond, WA. Track racing every Friday night @7:30 p.m. Nationally ranked riders compete for fun & prizes. Sandy Seidensticker, Marymoor Velodrome Association, 2036 201st Place NE, Woodinville, WA, 98072. 425-869-1545, http://marymoor.velodrome.org

May 23-Sep 5: Thursday Nighters.

Medford, OR. The course just over a mile loop with a short hill. Course is fully closed to traffic. A's start @ 6:10 p.m. for 20-25 laps. B's start @ 6:00 for 10 -14 laps. Glen Gann, gaganni@aol.com

Jun 17-Aug 26: Marymoor Velodrome Monday Night Junior Racing.

Marymoor Velodrome, Redmond, WA. Come watch local nationally ranked junior racers compete. Free admission. 7:00 p.m. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 23-Aug 13: EWEB Windpower Criterium Series.

Eugene, OR. Tuesday night criterium race series. Starts at 5:30 pm. Flat 3 corner course. Norman Babcock, Eugene Cycling Team, 1860 W 14th Ave, Eugene, OR, 97402. 541-485-6007, WWW.OBRA.org

BMX

JUNE

Jun 1-2: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 1: South Kitsap BMX

Port Orchard, WA. Double Points. Fundraiser for Lymphoma/Leukemia Society of America. Mike Raich, 206-246-2661

Jun 1: Mason County BMX

Shelton, WA. State Championship Double Points race. Shawn Kinney, 360-426-9891

Jun 2: South Kitsap BMX

Port Orchard, WA. State Championship Double Points race. Mike Raich, 206-246-2661

Jun 2: Mason County BMX

Shelton, WA. Double Points. Fundraiser for Lymphoma/Leukemia Society of America Shawn Kinney, 360-426-9891

Jun 5: Wednesday Night Ribbon Outdoor Race

Yakima, WA. SPR. Registration 6 -6:30 p.m.. Cost \$5.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 7: Friday Evening Spring/Summer Series

Sumner, WA. Registration from 6:00-6:30pm. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com

Jun 8: McCollum Park BMX

Everett, WA. Double Points. Fundraiser for Lymphoma/Leukemia Society of America McCollum Park, 425-485-3461

Jun 8-9: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 8-9: Saturday Evening & Sunday Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com

Jun 8: Yakima Valley Outdoor Race

Yakima, WA. SPR. Registration 3-4 p.m. Cost \$10.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 9: Port Angeles BMX

Port Angeles, WA. DPR. Fundraiser for Lymphoma/Leukemia Society of America Mike Thomas, 360-417-8116

Jun 9: Race For Life

Yakima, WA. DPR. Registration 10-11 a.m.. Cost \$10.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 12: Wednesday Night Ribbon Outdoor Race

Yakima, WA. SPR. Registration 6 -6:30 p.m.. Cost \$5.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 14: Friday Evening Spring/Summer Series

Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30pm. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com

Jun 15: Abbotsford BMX

Abbotsford, BC. Provincial Championship Double Points race. Gary Harder, 604-853-4563

Jun 15: Langley BMX

Langley, BC. Double Points. Fundraiser for Lymphoma/Leukemia Society of America Brent Rasmussen, 604-533-0884

Jun 15-16: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 15-16: Saturday Evening Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com

Jun 15-16: Yakima Valley Outdoor Race

Yakima, WA. All SPR event weekend. Cost \$10.00. Saturday reg. @ 3-4 p.m., Sunday reg. @10-11 a.m. Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 16: Abbotsford BMX

Abbotsford, BC. DPR. Fundraiser for Lymphoma/Leukemia Society of America Gary Harder, 604-853-4563

Jun 16: Langley BMX

Langley, BC. Provincial Championship Double Points race. Brent Rasmussen, 604-533-0884

Jun 19: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 5:30-6:15 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 19: Wednesday Night Ribbon Outdoor Race

Yakima, WA. SPR. Registration 6 -6:30 p.m.. Cost \$5.00 Kim Hall, 509-454-7599, yakimavalleybmx@aol.com

Jun 21-23: Columbia Basin BMX

North of Richland, WA. Friday SPR sign up 5:00-6:00 p.m., Saturday DPR sign up: 11:30 a.m.-1:00 p.m. Sunday State Championship Race sign up 9:00-10:30 a.m. Track located on Hwy. 240 at the Horn Rapids Athletic Complex. L. Shaeffer, http://columbiabasinbmx.homestead.com/

Jun 21: Friday Evening Spring/Summer Series

Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30pm. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com

Jun 22-23: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg. @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 22: Columbia Basin BMX

Richland, WA. DPR Richard Hallen, 509-546-8113

Jun 22-23: Saturday Evening & Sunday Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com

Jun 23: Columbia Basin BMX

Richland, WA. State Championship Double Points race. Richard Hallen, 509-546-8113

Jun 26: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 5:30-6:15 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 26: Wednesday Night Ribbon Outdoor Race

Yakima, WA. SPR. Registration 6 -6:30 p.m.. Cost \$5.00 Kim Hall, 509-454-7599, yakimavalleybmx@aol.com

Jun 28: Friday Evening Spring/Summer Series

Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30pm. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com

Jun 29: Cottage Grove BMX- Race For Life

Cottage Grove, OR. Double Points. Fundraiser for Lymphoma/Leukemia Society of America Registration 3-4 p.m. \$10.00. Cottage Grove BMX, 33327 Row River Road, Cottage Grove, OR, 97424. 541-729-5527

Jun 29-30: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 29-30: Saturday Evening & Sunday Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com

Jun 29: Walla Walla Valley BMX

Walla Walla, WA. Redline Cup Qualifier Triple Points race. J.D. & Carrie Jaspersen, 509-522-4647

Jun 29-30: Yakima Valley Outdoor Race

Yakima, WA. All SPR event weekend. Cost \$10.00. Saturday reg. @ 3-4p.m., Sunday reg. @10-11 a.m. Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 30: Walla Walla Valley BMX

Walla Walla, WA. State Championship Double Points race. J.D. & Carrie Jaspersen, 509-522-4647

JULY

- Jul 3: Bakerview**
Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 5:30-6:15 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631
- Jul 3: Wednesday Night Ribbon Outdoor Race**
Yakima, WA. SPR. Registration 6-6:30 p.m.. Cost \$5.00 Kim Hall, 509-454-7599, yakimavalleybmx@aol.com
- Jul 4: River Valley BMX - State Championships**
Sumner, WA. State Championship Double Points race. Mike Raich, 206-246-2661
- Jul 5: Friday Evening Spring/Summer Series**
Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30pm. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com
- Jul 5: Greater Victoria BMX**
Victoria, BC. Provincial Championship Double Points race. Ken Williams, 250-479-8616
- Jul 6-7: Bakerview**
Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631
- Jul 6: River Valley BMX - Fundraiser event**
Sumner, WA. DPR. Fundraiser for Lymphoma/Leukemia Society of America Mike Raich, 206-246-2661
- Jul 6-7: Saturday Evening & Sunday Racing**
Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com
- Jul 6: Greater Victoria BMX**
Victoria, BC. Double Points. Fundraiser for Lymphoma/Leukemia Society of America Ken Williams, 250-479-8616
- Jul 6-7: Yakima Valley Outdoor Race**
Yakima, WA. All SPR event weekend. Cost \$10.00. Saturday reg. @ 4-5 p.m., Sunday reg. @10-11 a.m. Kim Hall, 509-454-7599, yakimavalleybmx@aol.com
- Jul 12: Friday Evening Spring/Summer Series**
Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30pm. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com
- Jul 13-14: Bakerview**
Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631
- Jul 13: Port Angeles BMX**
Port Angeles, WA. Earned Double. Mike Thomas, 360-417-8116
- Jul 13-14: Saturday Evening & Sunday Racing**
Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com
- Jul 14: Triple Points Event**
Caldwell, ID. Redline Cup Qualifier triple points race. Jim Morrison, 208-459-2720
- Jul 14: Port Angeles BMX**
Port Angeles, WA. State Championship double points race. Mike Thomas, 360-417-8116

- Jul 17: Bakerview**
Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 5:30-6:15 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631
- Jul 17: Wednesday Night Ribbon Outdoor Race**
Yakima, WA. SPR. Registration 6-6:30 p.m. Cost \$5.00 Kim Hall, 509-454-7599, yakimavalleybmx@aol.com
- Jul 19: Friday Evening Spring/Summer Series**
Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30pm. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com
- Jul 19: Erik Goetzinger BMX**
Qualicum, BC. Fundraiser for Lymphoma/Leukemia Society of America. Provincial Championship Double Points race Eric Goetzinger, www.gobmx.com
- Jul 19: Yakima Valley Outdoor Race**
Yakima, WA. SPR. Registration 6-7 p.m. Cost \$10.00 Kim Hall, 509-454-7599, yakimavalleybmx@aol.com
- Jul 20-21: Bakerview**
Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631
- Jul 20: Nanaimo BMX**
Qualicum, BC. DPR. Fundraiser for Lymphoma/Leukemia Society of America Marie Davidson, 250-758-5234
- Jul 20-21: Saturday Evening & Sunday Racing**
Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com
- Jul 20: Earned Double**
Yakima, WA. DPR. Registration 4-5 a.m. Cost \$15.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com
- Jul 21: Nanaimo BMX**
Qualicum, BC. Provincial Championship double points race. Marie Davidson, 250-758-5234
- Jul 24: Bakerview**
Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 5:30-6:15 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631
- Jul 24: Wednesday Night Ribbon Outdoor Race**
Yakima, WA. SPR. Registration 6-6:30 p.m. Cost \$5.00 Kim Hall, 509-454-7599, yakimavalleybmx@aol.com
- Jul 26: Friday Evening Spring/Summer Series**
Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30 p.m. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com
- Jul 27: Bakerview Race For Life**
Mount Vernon, WA. Subject to weather and or track conditions. Reg @1:30-3:00 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631
- Jul 27-28: Saturday Evening Racing**
Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com
- Jul 28: Bakerview State Championship Race**
Mount Vernon, WA. Subject to weather and or track conditions. Reg @1:30-3:00 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631
- Jul 31: Bakerview**
Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 5:30-6:15 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

- Jul 31: Wednesday Night Ribbon Outdoor Race**
Yakima, WA. SPR. Registration 6-6:30 p.m. Cost \$5.00 Kim Hall, 509-454-7599, yakimavalleybmx@aol.com

OFF-ROAD RACING

JUNE

- Jun 1: 5th Annual Bavaria Bike and Brews Festival**
Leavenworth WA. 8-mile loop with a gruling uphill and fast downhill. Lots of fun, food and free schwag. Race start at 9:30 a.m. James Munly, 1207 Front St. Leavenworth, WA, 98826. 509-548-5615, dasradhaus1207@cs.com
- Jun 1: Oregon High School Championships**
Mill City, OR. Hosted by Cascade High School, Kimmel Park. Open to Oregon riders. Chris Sandemel, 2232 McNary Complex, Oregon State University, Corvallis, OR, 97331. 541-713-6497, www.geocities.com/chscycling/
- Jun 1-2: Bear Mountain Challenge**
Mission, BC. BC Cup. Cross-country, downhill Cory Adsit, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-853-4581, www.bearmountainchallenge.com
- Jun 8: Billings MTB Race**
Billings, MT. Cross-country Dave Palmer, 406-252-8680, palda@mac.com
- Jun 8-9: The Rat Race**
Gibsons, BC. Rod Composano, SCUMB, RR 6 1611 Grady Rd, Gibsons, BC, V0N 1V6. 604-866-1525, rod_composano@sunshine.net
- Jun 8: Dirty Moose**
Roslyn, WA. WIM #7 Cross Country racing for all ages and ability levels Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundandround.com
- Jun 9: 10th Annual Padden Mountain Pedal**
Bellingham, WA. The oldest and most prestigious mtb race in WA. Kids race, big air contest, cross-country for all levels Mark Peterson, Jack's Bicycle Center, 1100 Roland St, Bellingham, WA, 98226. 360-733-1955, whimpsmb.com
- Jun 15-16: 24 Hours of Caffeine**
Kamloops, BC. 24 hours MTB endurance race. Henry Pejril, Java Cycle, 7-1380 Summit Dr., Kamloops, BC, V2 C 1T8. 250-314-5282, javaracing@home.com
- Jun 15-16: T & E Mt. Bike challenge**
Mt Hood, OR. part of Oregon series xc/dh Petr Kakes, 503-272-0146
- Jun 15: Rumble Mountain Race**
Port Alice, BC. Cross-country. Michelle Reimer, Village of Port Alice, 951 Marine Dr., Port Alice, BC, V0N 2N0. 250-284-3912, www.village.port-alice.bc.ca
- Jun 15-16: T&E Mountain Bike Challenge**
Ski Bowl, OR. Downhill and cross-country Petr Kakes, 503-272-0240, jlogan@skibowl.com
- Jun 21: Werks**
Helena, MT. cross-country race. Byron Deford, 406-442-7544, bdef123@aol.com
- Jun 21-22: Rapelje 24 hour**
Rapelje, MT. Cross-country event. Chris Veit, Veit5@woalpha.net
- Jun 21-23: Test of Metal**
Squamish, BC. 60K point-to-point cross-country, trial. Limited to 800 riders. Cliff Miller, P.O. Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-3519, www.testofmetal.com
- Jun 22: Hood River #2**
Hood River, OR. Cancelled Julie Wilson, 541-387-2673, shane@discoverbicycles.com



Riding the "Pacific Ring of Fire"

Photo by Pierre Blanchard

- Jun 22-23: Mt Mac Challenge**
Revelstoke, BC. Mt MacKenzie. Glen Burgess, Box 1707, Revelstoke, BC, V0E 2S0. www.rctvonline.net/revcycle
- Jun 22-23: The Squilchucker**
Wenatchee, WA. WIM #8 Cross Country & Downhill racing for all ages and ability levels Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundandround.com
- Jun 23: Santiam Pedalfest**
Mill City, OR. Oregon MTB Racing Series Cross-country. Michael Hunter, 503-743-2499, www.obra.org
- Jun 29-30: Shotgun Creek Fat Tire Festival**
Eugene, OR. Oregon MTB Series. Sunday cross-country and Saturday downhill. Voted best course in 2001. Free kids race and more. Randy Dreiling, OBRA, 541-984-1433, www.oregon-adventures.com
- Jun 29-30: Mad Traper MTB**
Panorama, BC. BC Cup cross-country, downhill, dual slalom Keith Simmonds, Panorama Mountain Village - Intrustaw, Panorama, BC, V0A 1T0. 250-342-6941, ksimmonds@intrawest.com
- Jul 6-7: State Games Mountain Bike**
Ski Bowl, OR. Downhill and cross country Petr Kakes, 503-272-0240, jlogan@skibowl.com
- Jul 6-7: Grouse Mountain UCI Triple World Cup**
Vancouver, BC. Cross-country, downhill and dual mountain bike world cup events. Chantal Lachance, GESTEV Inc, Beaufre, QC, 418-827-1122, www.uci.ch
- Jul 13-14: Cascade Fat Tire Festival in Oakridge**
Oakridge, OR. Tours for people of all skill levels on Saturday. Sunday feature cross country and kids raes. Lots of single track. Randy Dreiling, Box 50806, Eugene, OR, 97405. 541-984-1433, randyd@pacwest.net
- Jul 13-14: Schweitzer Dirt & Rock Tour**
Schweitzer Mt Resort, ID. WIM Finals Cross Country & Downhill racing for all ages & ability levels. AMBC race Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundandround.com
- Jul 13-14: Double Dog**
Silver Star, BC. BC Cup - downhill and cross country Robin Baycroft, P.O. Box 3002, Silver Star, BC, V1B 3M1. 250-542-0224, events@skisilverstar.com
- Jul 19-21: Tim Horton's National MTB Championships**
Kamloops, BC. Cross-country, team relay, downhill, dual slalom. Open to US riders. Henry Pejril, Java Cycle, Kamloops, BC, V2C 1T8. 250-314-5282, javaracing@home.com
- Jul 20-21: Big Ski State Games**
Billings, MT. Cross-country and time trial (road) Shelly Kirkness, shelly@shsecuritytitle.com
- Jul 21: Bohart Bash Mountain Bike Race**
Bozeman, MT. All categories cross-country, USCF sanctioned, Montana State racing series, fund raiser for kids. MC Jenni, Team WinS/Gallatin Valley Bike Club, 517 S. 14th Ave. Bozeman, MT, 59715. 522-7723, jenni@montanadsl.net
- Jul 21-22: Motorola 24 Hours of Adrenalin**
Canmore, AB. 24 Hours of Adrenalin MTB team relay at Canmore Nordic Center. Teams of 4-10 people or solos, riders of all levels can participate. Steve Merker, Trilife Sports International, 160 Gibson Street, Unit #4, Markham, ON, L3R 3K1. 905-944-9436, www.24hoursofadrenalin.com
- Jul 21-22: Oregon Cross-Country Championships**
Eugene, OR. Oregon MTB Series. Sunday cross-country and Saturday downhill. Voted best course in 2001. Free kids race and more. Randy Dreiling, 984-1433, www.oregon-adventures.com
- Jul 27: 12 Hours of Hemlock**
Hemlock, BC. cross-country endurance event. John Whitmore, 6455 129 A St, Surrey, BC, V3X 1R9. 604-591-8811, skierwhitmore@yahoo.com
- Jul 27-28: Fat Tire Frenzy State Championship**
Red Lodge, MT. Cross-country Tara Reynolds, 406-446-2610 ex.101, rtski@montana.net
- Jul 27-28: Silver Star Canada Cup**
Silver Star, BC. Canada Cup event - downhill and cross country Robin Baycroft, P.O. Box 3002, Silver Star, BC, V1B 3M1. 250-542-0224, events@skisilverstar.com
- Jul 28-28: WarpSpeed Classic @ KellyCreek**
Bonney Lake, WA. Fun family-oriented mtb race, with food, prizes and a great course! Captain Monroe, 15130 65th ave s apt b-14, Tukwila, WA, 98188. 206-242-7965

OFF-ROAD TOURING

JUNE

- Jun 22: MS Epic Mountain Bike Challenge**
Fall City, WA. Epic Mountain Bike Challenge to Benefit the National MS Society Melissa Parker, Greater Washington Chapter, National MS Society, 192 Nickerson St #100, Seattle, WA, 98109. 800-FIGHT-MS(344-4867), www.nmsswas.org

Jun 30-Jul 13: Ecuador: Pichincha/ Imbabura
Ecuador. Lifestyles, history, politics, social institutions & economics of the people of the central province David Mozer, International Bicycle Fund, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

JULY

Jul 6-7: Sea to Sky Trail Ride
D'Arcy to Squamish, BC. Off-road trail ride on the spectacular Sea to Sky Trail. Robbin McKinney, R.E.M. Event Management, Vancouver, BC, V6J 4S3. 604-730-1247. www.great-explorations.com

Jul 13-26: Ecuador: Andes to the Amazon
Ecuador. Lifestyles, history, politics, social institutions & economics of the people of the central province David Mozer, International Bicycle Fund, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Jul 13: Cascade Fat Tire Festival in Oakridge
Oakridge, OR. MTB tour for people of all ages and ability. Randy Dreiling, Box 50806, Eugene, OR, 97405. 541-984-1433, randy@pacwest.net

Jul 20-Aug 3: USA: Sbuli Lithial Ti Swatixwtud
Washington & British Columbia. Exploration of the fascinating cultural and ethnic diversity and natural and social history. David Mozer, International Bicycle Fund, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Jul 29-Aug 2: Cascade Lakes Singletrack
Bend, OR. 5 days 4 nights. Ride the trails of the Cascade Mountains. Challenging trip, relatively small climbs. Singletrack experience a plus. Western Spirit Cycling, 478 Mill Creek Drive, Moab, UT, 84532. 800-845-2453, www.westernspirit.com

ROAD RACING

JUNE

Jun 1: Pintler Classic
Phillipsburg, MT. Tom Robertson, cartography@adv-cycling.org

Jun 1-2: Race Across Oregon
Portland, OR. Portland to Mt. Hood, 527 mile course! RAAM Qualifier. Solo, two and five person relay team, tandem, master and collegiate George Cavet, 541-738-0549, www.raceacrossoregon.com

Jun 1: Silvertown Road Race
Silvertown, OR. Chris Meyers, 503-233-4217, myersch@ohsu.edu

Jun 1: Wenatchee Criterium
Wenatchee, WA. Downtown Wenatchee. Wenatchee Valley Velo, 663-3723, www.pazzovelo.com

Jun 2: Washington State Senior Road Race Championships
Leavenworth, WA. Road Race on a 13 mile loop with relatively flat roads, one major climb. Senior. \$20. Start/Finish at Cascade HS. Northwest women's cycling series event. David Douglas, David Douglas, 206-932-5921, www.pazzovelo.com

Jun 2: Atomic Road Race
Lower Mainland, BC. SISU BC Cup #2 Stephen Meyer, Atomic Racing Club, 146 West 29th St, North Vancouver, BC, V7N 2J8. 604-980-1601, www.atomicracing.com

Jun 2: Silvertown Criterium
Silvertown, OR. Criterium - road race on June 1st. See Silvertown Road Race Steve Yenne, 503-364-3846, yennes@aol.com

Jun 3: Lakeside Bicycles Monday Night PIR Series
Portland, OR. See race series for more info. Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jun 4: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jun 4: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digiwest.com

Jun 6: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jun 6: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jun 7-9: Elkhorn Classic Stage Race
Baker City, OR. Four race, three day stage race located in historic Baker City. 2 Road Races, ITT, Criterium. Open to Pro, 1, 2, 3, 4 Men, Masters 40+ Men, Women Nathan Hobson, 503-652-3763, www.elkhornclassic.com

Jun 9: Tour de Roses #1
Portland, OR. Cancelled Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jun 9: BC Provincial Road Race Championships
Victoria, BC. Christine Condron, Schwalbe Cycling Club, 519 Caleb Pike Rd, Victoria, BC, V9E 1G9. 250-478-1938, condron@shaw.ca

Jun 10: Lakeside Bicycles Monday Night PIR
Cancel for this week only.

Jun 11: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jun 11: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digiwest.com

Jun 12-23: Hewlett-Packard Women's Challenge
Idaho. Multiple day stage race for women. UCI sanctioned event. www.hpiwc.com

Jun 13: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jun 13: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jun 15: Olympic Athletic Club Twilight Criterium
Ballard, WA. Criterium on a 0.6 mile, 4 corner flat course in old Ballard. All categories \$20 David Douglas, 206-932-5921, www.pazzovelo.com

Jun 15: Brockton Criterium
Vancouver, BC. Criterium racing in Stanley Park Alistair Barrett, 604-254-5460, cognita@radiant.net

Jun 16: Norm Lowe Memorial
Mission, BC. SISU BC Cup #3 Jonathan Wornell, Soliton Cycling Club, 604-836-9993, jonathan_wornell@hotmail.com

Jun 16: Larch Mountain Time Trial
OR. Ernie Conway, 503-646-5688, unixboy@attbi.com

Jun 16: Tour de Roses #2
Portland, OR. Cancelled Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jun 16: Rapelje
Rapelje, MT. Road race. Shelly kirkness, shelly@gosecuritytitle.com

Jun 16: Seward Park Summer Classic
Seattle, WA. Criterium on a 0.8 mile loop inside Seward Park, one 120 degree turn and one hill. All categories. \$15 David Douglas, 206-932-5921, www.pazzovelo.com

Jun 17: Lakeside Bicycles Monday Night PIR Series
Portland, OR. See race series for more info. Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jun 18: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jun 18: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digiwest.com

Jun 20: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jun 20: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jun 21-23: Columbia Plateau Stage Race
Hepner, OR. Stage Race Mark Schwyhart, 4425 SE Woodward, Portland, OR, 503-231-0236, michelle@hevanet.com

Jun 22-23: Tour de Moody Stage Race
Port Coquitlam, BC. Stage Race Jeff Tvergyak, Lactic Acid Racing, 211-1655 Grant Ave, Port Coquitlam, BC, V3B 7V1. 604-945-7169, jivergyak@hotmail.com

Jun 23: Test of Metal criterium
Squamish, BC. Part of Test of Metal festival Cliff Miller, 604-898-3519, cmiller@mountain-inter.net

Jun 24: Lakeside Bicycles Monday Night PIR Series
Portland, OR. See race series for more info. Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jun 25: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jun 25: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digiwest.com

Jun 27: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jun 27: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jun 29: Aurora Cycles Road Race
Mount Vernon, WA. Staging at N.O.L facility parking, Conway. Beautiful. 4.3 mile roll out and 18 mile loop around lake McMurray. Moderate rollers. Brian Decker, 206-228-6767, www.auroracycling.com

Jun 30: Washington State Criterium Championships
Fairhaven, WA. New course. Northwest Woman's Race Series event. Paul Clement, www.kulshancycles.com/race.htm

Jun 30: Mt Tabor Criterium
Portland, OR. Bruce Harmon, 503-742-9037, bharon@pcez.com

Jun 30: Cow Country Classic
Wolf Creek, MT. State Championships Byron Deford, 406-442-7544, bdef123@aol.com

JULY

Jul 1: Lakeside Bicycles Monday Night PIR Series
Portland, OR. See race series for more info. Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jul 2: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jul 2: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digiwest.com

Jul 4: 26th Annual Joe Matava Memorial Classic Criterium and WA State Jr. Championship
Burien, WA. Criterium. Flat, 6-corner course. All categories. Free kid's race. Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. S.E., Kent, WA, 98031-3353. 253-852-4946, dbachman@libertycontrols.com

Jul 4: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jul 4: Fort Missoula Criterium
Missoula, MT. Criterium jrouch@kibogroup.com

Jul 4: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jul 6: Strong Frames Battle Ridge Road Race
Bozeman, MT. 50-70 mile road race through Bridger Canyon, 8 a.m. registration, more details to come. Carl Strong, Gallatin Valley Bicycle Club, 450 Hillside Ln. Unit C4, Bozeman, MT, 59715. 406-586-6264, www.strongframes.com

Jul 6: Rogue Valley's Mayor Cup
Medford, OR. Glen Gann, gagann1@aol.com

Jul 6-7: Glacier View Grand Prix
New Denver, BC. BC Cup #4 Bob Hennesy, Slocan Valley Cycling Association, Box 408, New Denver, BC, V0G 1S0. 250-358-2729, svcc@slocanlake.com

Jul 7: Talgo Criterium at Seafair
Seattle, WA. The Talgo Criterium at SEAFAIR is open to men's categories Pro, 1 & 2 and women's Pro, 1, 2, & 3. Mike Ogliore, Seafair, 2200 Sixth Avenue, Suite 400, Seattle, WA, 98121. 206-728-0123 ext. 108, http://www.seafair.com/x274.xml

Jul 8: Lakeside Bicycles Monday Night PIR Series
Portland, OR. See race series for more info. Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jul 9: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jul 9: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digiwest.com

Jul 10-14: Cascade Cycling Classic
Bend, OR. Category A stage race Brad Ross, OR, 503-246-7338, bradross@prodigy.net

Jul 11: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jul 11: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jul 12-14: Tour de Delta
Delta, BC. BC Cup #5 - Start of BC Superweek John McMurphy, The Corporation of Delta, 4500 Clarence Taylor Cres., Delta, BC, V4K 3W2. 604-596-2794

Jul 13-14: Jedzilla MTB Race #2
Missoula, MT. Downhill and cross country Jed Dannison, 406-360-0582, jedtix@hotmail.com

Jul 13: Newberg Time Trial and Criterium
Newberg, OR. Cancelled Andy Newlands, 503-245-8578, andy@strawberrybicycle.com

Jul 15: Lakeside Bicycles Monday Night PIR Series
Portland, OR. See race series for more info. Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jul 15: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jul 16: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digiwest.com

Jul 17: Gastown Grand Prix
Vancouver, BC. Criterium in towndown Vancouver. Part of BC Superweek Rita Clarkson, White Rock leisure Services, 15322 Buena Vista Ave, White Rock, BC, V4B 1Y6. 604-541-2161, recreation@city.whiterock.bc.ca

Jul 18: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jul 18: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jul 19-21: Tour de White Rock
White Rock, BC. Event features hill climb (6 p.m. start time), criterium and road race. Cash Purse. Part of BC Superweek, SISU BC Cup #6 Rita Clarkson, White Rock Leisure Services, 15322 Buena Vista Ave, White Rock, BC, V4B 1Y6. 604-541-2161, www.vancouver.net/whiterock

Jul 20-21: Big Ski State Games
Billings, MT. Road time trial and mountain bike Shelly Kirkness, shelly@gosecuritytitle.com

Jul 20: Lake Washington Velo Circuit Race #1
Silvana, WA. Brian Hall, Lake Washington Velo, 3910 Sunnyside Ave, Seattle, WA, 98103. 206-242-1131, www.broadmarkcycling.com

Jul 21: Hood River Criterium
Hood River, OR. Cancelled Julie Wilson, 541-387-2673, shane@discoverbicycles.com

Jul 21: Snohomish Kla Ha Ya Days Road Race
Snohomish, WA. Road ace on a 5 mile loop with a mile climb and fast descent. All categories. Start 1st and Maple. \$20. Northwest women's cycling events. David Douglas, 206-932-5921, www.pazzovelo.com

Jul 22: Lakeside Bicycles Monday Night PIR Series
Portland, OR. See race series for more info. Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jul 23: EWEB Windpower Criterium Series
Eugene, OR. See race series for more information. Norman Babcock, Eugene Cycling Team, 1860 W 14th Ave, Eugene, OR, 97402. 541-485-6007, WWW.OBRA.org

Jul 23: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jul 23: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digiwest.com

Jul 25: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jul 25: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jul 27: Well Fargo Twilight Critrium
Boise, ID. Critrium with cash prize. George's Cycles & Fitness, 208-343-3782, jgasser@aceco.com

Jul 28: Renton River Days Critrium
Renton, WA. Northwest Woman's Race Series event. Seattle Velo, www.seattlevelo.com

Jul 28: Oregon Road Championships (Rehearsal)
West Linn, OR. Dave Weber, 503-632-6030, daw@nwnatal.com

Jul 29: Lakeside Bicycles Monday Night PIR Series
Portland, OR. See race series for more info. Jim Anderson, 503-975-8229, www.eugenecelebration.com

Jul 30: EWEB Windpower Critrium Series
Eugene, OR. See race series for more information. Norman Babcock, Eugene Cycling Team, 1860 W 14th Ave, Eugene, OR, 97402. 541-485-6007, WWW.OBRA.org

Jul 30: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jul 30: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digiwest.com

ROAD TOURING

JUNE

Jun 1-8: Tour of the Okanogan
Chelan, WA. A tour of the rivers, lakes, mountains, and apple orchards of E. Wash. starting in Lake Chelan. Wayne Martin, Wayne Martin, 246 W. Manson Hwy. #197, Chelan, WA, 98816. 877-283-3551, www.waynesue.com

Jun 1: 25 km, 50 km Peace Brevets
Fort St. John, BC. Start 10 a.m. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250-785-4589, wkok@nlc.bc.ca

Jun 1: 400 km Brevet
Southern Interior, BC. Bob Boonstra, 250-828-2869

Jun 1-2: SIR 600 Km Brevet
tbc, WA. Seattle International Randonneurs Mark Thomas, Seattle International Randonneur (SIR), 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

Jun 1-2: 600 km Vancouver Island Brevet
Vancouver Island, BC. Stephen Hinde, 250-245-4751

Jun 1: 15th Annual Apple Century Ride
Wenatchee, WA. From the Wenatchee Convention Center north to Silver Falls Park and back David Freimuth, Wenatchee Sunrise Rotary, PO Box 1433, Wenatchee, WA, 98807-1433. 509-663-5899, www.wenatcheesunrise.org/century

Jun 2: 50 km, 100 km, 150 km Lower Mainland Brevet
Fort Langley, BC. Part of Lower Mainland Randonneur Series. Start at 9:00 a.m. South Surrey, Fraser Valley Bob Marsh, 604-467-7065

Jun 2: Peninsula Metric Century
Gig Harbor/Southworth Ferry. 50 km, 100 km, 100-mile routes. Cost before/day-of: \$15/\$18 ind., \$35/\$40 family, \$12/\$15 T-shirt Howie Kaplan, Tacoma Wheelmen's Bicycle Club, PO Box 112078, Tacoma, WA, 98411. 253-460-3319, www.twbc.org/pmc.htm

Jun 2-7: Bryce/Zion
Bryce-Zion National Parks. 6-day Tour Bike & Hike. Highlights: The amphitheaters of red and orange sandstone of Bryce and Zion Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 3-26: Great Alaska Highway Ride 5
Delta Junction, Alaska to Dawson Creek, B.C.. Ride the full length of the Al-Can Highway, the ultimate wilderness road bike ride. Tom Sheehan, Cycle Events, P.O. Box 725- BP, Hilo, HI, 96721-0725. 888-733-9615, www.cycleevents.com/alaska

Jun 7-9: Paradise 3-day Challenge
Southwest Montana & Yellowstone. Experience the grandeur of SW Montana, Yellowstone National Park. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jun 8: Le Grand Tour de Peace - 400 km
Fort St John, BC. 400 km, 300 km also available Kim Kok, 250-785-4589

Jun 8-9: 600 km Lower Mainland Brevet
Pitt Meadows, BC. John Bates, 604-528-2549

Jun 9-16: The Cascade/Whidbey Island Loop
Chelan, WA. A semi-luxury bicycle tour of the famous alpine loop. Sag support, motels, camping. Wayne Martin, 246 W. Manson Hwy. #197, Chelan, WA, 988. 877-283-3551, www.waynesue.com/page8.html

Jun 12-21: Paradise Challenger
Southwest Montana & Yellowstone. Spend 10 days, 9 nights. Experience the grandeur of SW Montana, Yellowstone National Park and the famous Beartooth Plateau. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jun 12-17: Paradise Sampler
Southwest Montana & Yellowstone. Spend 6 days, 5 nights. Experience the grandeur of SW Montana, Yellowstone National Park and the famous Beartooth Plateau. Hot Spring tour Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jun 15: 50 km, 100 km Peace Brevet
Fort St. John, BC. Start 10 a.m. Route: two circuits around Fort St. John community. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250-785-4589, wkok@nlc.bc.ca

Jun 15-16: 600 km Southern Interior Brevet
Southern Interior, BC. Ray Wagner, 250-545-7165

Jun 15-21: Beartooth Growler
Southwest Montana & Yellowstone. 7 days, 6 nights. For intermediate to advanced cyclists only. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jun 15: Lions Club Skookumchuck Challenge
Tenino, WA. 6 mix and match Thurston County ride from 6-mile to 100 miles. Profit the Lions Sight and Hearing Bruce Welsh, Dist. 19 Lions Clubs, 716-34 E. Dennis St SE, Tumwater, WA, 98501. 360-956-9197, www.lionsbikeride.org

Jun 15: 9th Annual Tour de Blast
Toutle, WA. Tour de Blast offers a 50 & 135K ride with breathtaking views of Mt. St. Helens blast zone. Well staffed by Longview Noon Rotarians. \$35 covers T-shirt, rest stops & end-of-ride pasta feed. Limit 1200 Tom Deutsch, Longview Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192, http://tourdeblast.com/

Jun 16-21: California Wine Country Tour
Napa & Sonoma, CA. 6-day tour bike & hike, wine tasting dinner at wine spectator Greystone Restaurant. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 16: Augerheide Scenic Byway Back Roads Tour
Oakridge, OR. Approximately 60 miles. Many historical markers along the way. Randy Dreiling, Box 50806, Eugene, OR, 97405. 541-984-1433

Jun 16: Auferheide Oakridge to McKenzie River Back Roads
ride your bike on this amazing National Scenic Byway. Jim Anderson, 503-975-8229, www.obra.org

Jun 21-23: 1000 km Lower Mainland Brevet
BC. route tbc. Part of BC Randonneurs CC events. John Bates, 604-528-2549

Jun 21-22: Ride Around Pioneer Mt Tour
Dillon, MT. John Foire, sappire@earthlink.net

Jun 21-24: Ride Around the Marble Mountain Wilderness
Fort Jones, CA. 4-day ride. 194 miles. Russ Rickert, 164 Alameda Drive, Ashland, OR, 97520. 541-482-8704

Jun 21-23: 1000 km Vancouver Island Brevet
Victoria, BC. 1000 km Victoria, Port Hardy and back Stephen Hinde, 250-245-4751

Jun 22: Trident Triple Bike Classic.
Silverdale, WA. Beautiful, scenic routes through Submarine Base Bangor. 20 & 30-mile routes are easy with a few hills. 52 & 102-mile routes are challenging and offer varied terrain with some big hills. Sag wagons, rest stops with snacks & drink. T-shirts for sale. Silverdale Chamber of Commerce, P.O. Box 1218, Silverdale, WA, 98383. 360-692-6800, www.silverdalechamber.com

Jun 22: Ride the Frontier
Arlington, WA. 50 miles road tour, start at Arlington High School. Registration form available on line. Virginia Hatch, Arlington Kiwanis Club, 360-403-1011, www.ArlingtonKiwanis.com

Jun 22: Ride Around the Pioneers in One Day - RATPOD
Dillon, MT. 153 mile ride in the scenic Big Hole Valley of Southwestern Montana. RATPOD - benefit ride for Camp Mak-A-Dream. Phil Gardner, P.O. Box 1450, Missoula, MT, 59806-1450. (406)549-5987, www.ratpod.org

Jun 22-23: Foothills Randonnee
Peace Region, BC. 600 km event, 400 km also available. Kim Wok, 250-785-4589

Jun 22: Flying Wheels Summer Century
Redmond, WA. From family fun to grueling hills. Great STP training: 3 advanced routes: 30, 60, 100 miles. Jen Smith, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-BIKE, www.cascade.org

Jun 22: Cannonball
Seattle to Spokane, WA. Cross state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx 10K of climbing. A timed event. Reg at Seattle Expo or on-line. Tom Killion, Redmond Cycling Club, 425-739-8610, www.RedmondCyclingClub.org/Cannonball

Jun 23: Double Dawg Ride
Bend, OR. 65 mile ride for tandems and singles. Meet at westside store. 9:00 a.m., \$10.00 pair entry fee. Hutch's Bicycles, Bend, OR, 503-382-6248, www.hutchsbicycles.com

Jun 23: Tour de Pierce.
Puyallup, WA. Bicycle ride through central Pierce county. Choose between the 12, 30 or 50 mile route. Start line located at the Blue Parking lot of the Western WA Fairground in downtown Puyallup. Pierce County Parks & Recreation, 9112 Lakewood Drive SW #121, Lakewood, WA, 98499-3998. 253-798-4177, www.piercecountywa.org/parks

Jun 23-29: Wheeling Hawaii
Big Island of Hawaii. Ride 300 miles on an incredible cycling tour around one of the most beautiful islands in the world. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 West Spizler Ave, Burbank, CA, 91506. 800-433-0528, www.owct.com

Jun 23-29: Beginner's Paradise Sampler
Southwest Montana & Yellowstone. 7 days, 6 nights. Intended for women intimidated by the longer mileages found on standard tours. Hot Springs Tour Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jun 24-28: San Juan Islands - Camping
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking and hiking Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 29-30: Walla Walla Potpourri
Walla Walla, WA. Century, metric century & 35 mile rides each day. 6 routes. Short courses include optional stops at wine tasting rooms, pass barns & historical bldgs. Steve Rapp, 701 Boyer Ave., Walla Walla, WA, 99362. 509-527-8724, www.tourof wallawalla.org/potpourri.html

JULY

Jul 1-6: San Juan Islands Family Camping
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking, hiking and whale watching. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 1: Canada Day 135 Populaire
Fort Langley, BC. Start from 8-9:30 a.m. Straiton, Vedder Crossing, Huntingdon, Aldergrove. Part of BC Randonneurs cycling club events Ian Stephen, 604-576-4425

Jul 1: 100 km, 150 km Peace Brevets
Fort St. John, BC. Also a 600 km if requested. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250-785-4589, wkok@nlc.bc.ca

Jul 6-13: Glacier-Banff-Jasper
Montana and Canada. 8-day tour: Highlights: Going to Sun Hwy, Icefields Parkway, Banff & Jasper National Parks Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 6: S-2-S
Seattle to Spokane, WA. The other cross state ultramarathon, via US Hwy 2 over Stevens Pass. 285 miles and approx 12K of climbing. A timed event. Reg. at Expo or on-line. Tom Killion, Redmond Cycling Club, 425-739-8610, www.RedmondCyclingClub.org/S-2-S

Jul 7: 700 km Lower Mainland Brevet
Lower Mainland, BC. Also available: 50K, 100K and 150K. Start 7 a.m. France Caton, 604-839-3801

Jul 7-13: Beginner's Paradise Sampler
Southwest Montana & Yellowstone. 7 days and 6 nights. For mothers and sons. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jul 7-12: Canadian Gulf Islands
Victoria, BC. 6 days (one layover). levels: energetic beginner to advanced. Activities include biking, sea kayaking, hiking & Butchart Gardens. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 8-13: Columbia Gorge
Portland, OR. 6 days (one layover). Levels: all. Activities include biking, hiking and river rafting. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 8-12: Oregon Coast - Family Camping
Portland, OR. 5 days (two layovers). Levels: all. Activities include biking, hiking and horseback riding. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 10-14: RedSpoke
Redmond, WA. 15th annual bike tour across beautiful Washington state, 300-mile ride, fully supported, limited to 100 riders. Jay Vander Pol, Redmond Rotary Club, P.O. Box 563, Redmond, WA, 98073. 206-298-9288, www.redspoke.org

Jul 13-Aug 20: Volcanoes of Washington
Portland, OR. 8 days (one layover) Levels: intermediate to advanced. Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 13-14: 23rd Annual Seattle to Portland Bicycle Classic (STP)
Seattle, WA. One of the largest and best cycling events in the nation, 8,000 riders cover the 200 miles in 1 or 2 days. A NW tradition. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-2453, cbcbstp@cascode.org

Jul 14-20: Bicycle Idaho
Lewiston, ID. 385-mile fully supported road tour. Gear transport, campsites, all breakfasts/dinners, food/water stops, hot showers, com. item Sandy Green, The Oregon Bicycle Ride, 1324 NW Vicksburg, Bend, OR, 97701. 800-413-8432, http://www.oregonbicycleride.org

Jul 14-20: Oregon Coast - Budget
Portland, OR. 6 days, Levels: all. Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 14-19: Olympic Peninsula
Seattle, WA. 6 days (one layover) Levels: All. Activities include biking, hiking, canoeing, hot springs and rafting. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Road Racing

Victor Point Road Race

April 21, 2002
Silverton, OR

Category 1/2 (15 riders)

- 1 Ollershaw, J. Bike Gallery
- 2 Bravard, J. Nike Cycling/Logie Velo
- 3 Buttitta, P. Nike Cycling/Logie Velo

Senior Women (10 riders)

- 1 Browning, J. Corben Huntair
- 2 Rohan, K. BBC
- 3 Whittatch, S. Lakeside/River's Edge

Category 3 (28 riders)

- 1 Pennington, L. River City/Team Oregon
- 2 Schwartz, S. Hutch's
- 3 McKelvey, S. Century Cycles

Women Cat 4 (13 riders)

- 1 Annen, J. Corben Huntair
- 2 Miramon, L. Mirage Racing
- 3 Rising, R. River City/Team Oregon

Cat 4/5 Men (24 riders)

- 1 Selker, K. South Eugene HS
- 2 Woras, So. River City/Team Oregon
- 3 Sheridan, C. River City/Team Oregon

Juniors (3 riders)

- 1 Cloyd, J. Capitol Velo
- 2 Kneuvet, T. BBC
- 3 Bossen, R. River City/Team Oregon

Masters 30-44 (28 riders)

- 1 Torano, M. Hutch's
- 2 Robert, E. Sunnyside Sports
- 3 Perrin, D.

Masters 45+ (7 riders)

- 1 McGarry, J. enSelle/NoMad
- 2 Sanborn, T. Hutch's
- 3 Raker, B.

2002 Volunteer Park
Criterium
Seattle, WA
April 21st,

Men Cat 1-2 (71 riders)

- 1 Kenny Williams Saturn
- 2 Geoff Kabush Kona
- 3 Tyler Farrar Broadmark

Cat 1-3 Women (14 riders)

- 1 Leslie Mittendorf Ashmead
- 2 Emily Westbrook Gregg's Trek
- 3 Kele Hulser Seattle Velo

Cat 3 Men (76 riders)

- 1 Craig Heatheron Super Squadra
- 2 Anton Jackson Broadmark
- 3 Seth Davis Broadmark

Juniors Cat 1-3 (4 riders)

- 1 Marsh Copper Escape Velo./Devo
- 2 Adrian Hegyary Armondo's
- 3 Marty Cahill Corbin Hunter

Juniors Cat 4-5 (4 riders)

- 1 Phillip Issakson Wheelsport
- 2 Jeremy Soltow
- 3 Collin Atherton

Juniors 11-14 (11 riders)

- 1 Noah Buckley Gregg's-Trek
- 2 Fletcher Farrar Gregg's Trek
- 3 Taylor Boglioli Gregg's Trek

Cat 4 Women (33 riders)

- 1 Ettie Wardenberg Saturn of Bellevue
- 2 Charlotte Beives Ashmead
- 3 Natalie Scott Badlands

Cat 4-5 Men (55 riders)

- 1 Justin Morgan Rolling Bay
- 2 Scott Matual Raleigh America
- 3 Nikos Mills Armondo's

Masters A 30+ All Cats (38 riders)

- 1 Kerry Ferrell Wheelsport
- 2 Alastair Lockett TI Cycles
- 3 Duke Anderson Pazzo/Saturn

Masters B 30+ (39 riders)

- 1 Martin Willock Victoria Wheelers
- 2 Dan Beckman
- 3 Peter Kerklaan

Masters C 50+ (17 riders)

- 1 Rick Lillegberg Ashmead
- 2 Woody Cox Saturn
- 3 Don Perry Aurora Cycling Tm.

Tour of Walla Walla

April 27/28
Walla Walla, WA

Men Pro-12 (78 starters)

PI Name	Team/Club	GC/Down
1 Williams, K.	Saturn of Bell.	4:22:54
2 Sebel, D.	CDS/Kenwood/WCS	0:11
3 Coglon, T.	Broadmark	0:26

Men Cat 3 (77 starters)

PI Name	Team/Club	GC/Down
1 Slater, B.	Wilier	3:28:31
2 Southernland	Wheelsport Cycling	0:12
3 Coen, S.	Montana Velo	0:15

Men Cat 4-5 (75 starters)

PI Name	Team/Club	GC/Down
1 Johnson, A.	Broadmark	2:39:52
2 Schaub, W.	Devo	0:05
3 Mereckis, T.	Nantuckel/Aurora	0:16

Women Cat 1-2-3 (30 starters)

PI Name	Team/Club	GC/Down
1 Nussbaum	Kona/Recycled	3:01:12
2 Staley, L.	Saturn Dev.	0:08
3 Westbrook	Trek/VW	0:12

Women Cat 4 (38 starters)

PI Name	Team/Club	GC/Down
1 Karau, E.	Five Valley Velo	2:51:12
2 Wardenberg, E.	Saturn of Bell.	0:08
3 Hall, M.	Armondo's	0:12

Women Masters (3 starters)

PI Name	Team/Club	GC/Down
1 Molaski, K.		2:51:26
2 Schmitz, J.	Wheatland Wheelers	0:44
3 McGann, K.	Five Valley Velo	6:31

Men Masters A (16 starters)

PI Name	Team/Club	GC/Down
1 Murray, E.	Pazzo Velo	3:41:31
2 Hummel, R.	Sisters Cycling Club	0:09
3 Smith, R.	Wenatchee Valley	0:13

Men Masters B (30 starters)

PI Name	Team/Club	GC/Down
1 Lockett, A.		2:42:24
2 Butler, T.	Wheatland Wheelers	0:21
3 Heyer, B.	Super Squadra	0:35

Men Masters C (14 starters)

PI Name	Team/Club	GC/Down
1 Fiske, K.	Saturn	2:41:51
2 Lilleberg, R.	Ashmead College	0:12
3 Banko, P.		0:23

Junior 17-18 (5 starters)

PI Name	Team/Club	GC/Down
1 Kirchner, M.	Chinook Richland	2:12:02
2 Gue, O.	Northern Rockies	0:22
3 Hurley, C.	Lost River Cycling	0:27

Junior 15-16 (3 starters)

PI Name	Team/Club	GC/Down
1 Amundson	RAD Racing NW	2:19:54
2 Crane, T.	Greggs Trek VW	13:39

Junior 13-14 (4 starters)

PI Name	Team/Club	GC/Down
1 Buckley, N.	Greggs Trek VW	1:02:20
2 Boursaw, G.	Greggs Trek VW	0:30
3 Boglioli, T.	Greggs Cycling	2:01

Junior 12 & under (5 starters)

PI Name	Team/Club	GC/Down
1 Farrar, F.	Greggs Cycling	1:05:34
2 Howard, M.		5:13
3 Oravetz, L.	Chinook Yakima	9:10

Old Town Bicycle
Masters and Juniors
State Road Race
Championships

Longbranch, WA- May 11, 2002

(Note: As stated on the flyer only WSBA members are awarded WSBA points)

Masters A Men 46 Rider 53 miles

PL Rider	Team	Pts.
1 Walsh, M.	Saturn of Bellevue	100
2 Williams, K.	Saturn of Bellevue	70
3 Higgins, S.	Super Squadra	50

Masters B Men 58 Riders 42 Miles

PI Name	Team/Club	Pts.
1 Griffith, B.	Byrne Spec. Gas	100
2 Petramalo, T.		70
3 Kemp, L.	Byrne Spec. Gas	50

Masters C Men 15 Riders 42 Miles

PI Name	Team/Club	Pts.
1 Banko, P.		100
2 Fiske, K.	Saturn of Bellevue	70
3 Lilleberg, R.	Ashmead	50

Masters Women 9 riders 31 Miles

PI Name	Team/Club	Pts.
1 Blais, R.		100
2 Kavesh, G.	Armondo's	70
3 Sheuffelt, J.	Chinook	50

Juniors A 10 riders 32 miles

PI Name	Team/Club	Pts.
1 Iddings, R.	Rad Racing	100
2 Southernland	Wheelsport	70
3 Bradford, A.	Rad Racing	50

Juniors B 12 riders 21 miles

PI Name	Team/Club	Pts.
1 Chamberlin, K.	Ragnarok	100
2 Peterson, T.	Rad Racing	70
3 Renner, A.	Parkland Bicycle	50

Juniors C 8 riders 10.5 miles

PI Name	Team/Club	Pts.
1 Boursaw, G.	Trek/VW	100
2 Buckley, N.	Trek/VW	70
3 Bannerman, N.	Rad Racing	NA

Cat 1-3 Men (age 19 - 29) 11 riders 53 mi

PI Name	Team/Club	Pts.
1 Bettinger, I.	Saturn of Bellevue	
2 Jackson, A.	Broadmark	
3 Thompson, T.	Recycled Cycles	

Cat 4-5 Men (age 19-29) 3 riders 42 mi

PI Name	Team/Club	Pts.
1 Ramirez, J.	Spoke & Sprocket	
2 Libby, D.	Byrne Spec Gas	
3 Willems, C.	Subway	

Mutual of Enumclaw
Stage Race
Enumclaw, WA
May 18-19, 2002

Pro 1/2 Men Final GC

PI Name	Team/Club	Time
1 Goguen, S.	Norco	4:56:28
2 Stevenson	Prime Alliance	4:57:04
3 Rowe, K.	Saturn of Bell.	4:57:19
4 McDermid	Super Squadra	4:57:21
5 Thompson	Recycled Cycles	4:57:23

Senior Women

PI Name	Team/Club	Time
1 Nussbaum	Recycled Cycles	3:53:56
2 Westbrook	Greggs/Trek VW	3:54:23
3 Peters, D.	Saturn of Bell.	3:54:45
4 Hulser, K.	Armondo's	3:54:47
5 Magness, L.		3:55:01

Mount Tolmie Road Race

(Sisu BC Cup#1)

Victoria, BC
May 26, 2002

Cat 1-2 Men

PI Name	Club/Team	Time
1 Kabush, G.	Kona Team	2:05:03
2 Osborne, M.	PartOne Intl	2:05:03
3 Lange, C.		2:05:03

Cat 1-2-3 Women

PI Name	Team/Club	Time
1 Espeseth, S.	Kappa	1:54:19
2 Juras, M.	Rona Team	1:55:19
3 Neil, S.	Trek VW	2:00:15

Bastion Square Criterium

Victoria, BC
27-May-02

Cat 1-2 Men

PI Name	Club/Team	Time
1 Korb, M.	Russ Hayes	1:12:25
2 Segato, L.	PartOne Intl	1:12:25
3 Evans, C.	Broadmark	1:12:26

Cat 1-2-3 Women

PI Name	Team/Club	Time
1 Espeseth, S.	Kappa	53:12:00
2 Sweeney, L.	Speed Qs	53:54:00
3 Mcquaid, M.	Fisher	53:54:00

Gary Lund Memorial

Sooke, BC
May 12, 2002

Cat 1-2-3 Men - 100 km

PI Name	Team/Club	Time
1 Usborne, M.	Part One Intl.	
2 Dawson, S.	Norco	
3 Elzinga, A.	EDS/Kenwood/WCS	

Cat 1-2-3 Women - 80 km

PI Name	Team/Club	Time
1 Espeseth, S.	Kappa	
2 Neil, S.	Trek VW	
3 Lawrie, S.		

Mountain Bike

Chelan MTB Festival

Downhill
May 5th

Open (14 riders)

PI Name	City	Time
1 Mutoli, E.	Shelton	2:08.0
2 Smith, G.	Laclede	2:09.0
3 Albright, M.	Renton	2:13.0

Pro Women (2 riders)

PI Name	Team/Club	Time
1 Johnson, S.	Spokane	2:30.0
2 Chandler, S.	Kirkland	2:35.0

Expert Men 19-29 (28 riders)

PI Name	Team/Club	Time
1 Johnson, R.	Spokane	2:15.0
2 Mclellan, R.	Spokane	2:18.0
3 Dixon, R.	Spokane	2:19.0

Expert Men 30-39 (20 riders)

PI Name	Team/Club	Time
1 Russert, M.	Spokane	2:16.0
2 Howard, T.	Portland	2:18.0
3 Vanguilder, C.	Spokane	2:20.0

Expert Men 40-49 (2 riders)

PI Name	Team/Club	Time
1 Devlin, B.	Sammamish	2:51.0
2 Swire, B.	Seattle	3:07.9

Expert Men 50+ (4 riders)

PI Name	Team/Club	Time
1 Mukai, A.	Issaquah	2:40.0
2 Dixon, B.	Spokane	2:46.0
3 Britschgi, R.	Seattle	2:59.0

Expert Men 18 & under (7 riders)

Help! Help!

By MAYNARD HERSHON

In February, Matt DiCano, a racing cyclist (Prime Alliance) from Tucson, asked me to help him as he established a record climbing nearby Mount Lemmon. There are old records, but Tucson has sprawled; the old courses are simply unsuitable.

DiCano, a class act for sure, used his record-setting ride to raise money and awareness for a local rape crisis center, thus attracting newspaper and TV coverage for the event. It was cool just to be there to help him do it.

What'd I do? I lined up a photographer to produce photos for the crisis center and interested bicycle publications. I found a few volunteers, casual cyclists, gave them stopwatches and made sure they knew which buttons to push and when.

I found a non-cyclist volunteer with a car who would follow DiCano up the hill, and I borrowed spare bicycle wheels to put in the car.

I tried to find a mechanic (or just an experienced cyclist) to ride in the car, to do a wheel-change if Matt flatted during the climb. No one wanted to help.

I asked several guys, riders who have worked in shops. Most had a reason they could not help DiCano. Maybe it was something they had to do that Saturday morning, or some race far away they'd already paid to enter.

One guy looked at me and simply told me his time was more important, that he "wouldn't

waste a Saturday morning helping some guy climb Mount Lemmon."

As the number of guys who wouldn't help grew large, I grew weary and disgusted. Cyclists began to look like a pretty self-involved bunch, without the time or inclination to help Matt DiCano help a crisis center.

It does take a village, I thought, to make even a simple event like this one happen. A few people have to set aside their own agendas, just for a day, so something good can happen for you or me or Matt DiCano and the crisis center.

On the big day, I served as DiCano's mechanic myself. Luckily, he did not flat, given how long a wheel-change would've taken. He did the 20-odd mile climb in an hour and 43 minutes, by the way, from the base of the slope in chilly sunshine to the ski lodge at the top, its parking lot buried under two inches of ice.

Also in February, near Phoenix, I worked for Bontrager neutral support in the road stage of the season-opening Valley of the Sun stage race. Neutral support is a great job. We see things that no one else sees.

We sit in ringside seats, as close to the breakaway as if we were pedaling in it. No way can I ride fast enough to sit in a pro break, but I can be there on my motorcycle and see it all. And I'm helping with the race, making sure bad luck doesn't ruin anyone's day. It's cool.

James Sharpe, who runs Bontrager's support program, called me in January from Colorado, asking if I could come up with a mechanic and a driver or two for that Saturday, so we could cover the women's and men's races as we'd promised.

I'd tried to find guys to help out at races last year, at Valley of the Sun and Tour of the Gila

in May in Silver City, New Mexico. I did find a volunteer for Gila last year, not a cyclist but a motorcycling friend of mine. He'll go back every year.

And I lined up a car and driver for the race's chief official. A casual cyclist, our driver was not worried about the devastating effect five days in the Gila Wilderness might have on her carefully developed fitness. She had a great time.

If you add up the volunteers I've listed, the total will come to...just a sec... two. One of them a cyclist. I asked a dozen or so cyclist to come help other cyclists, to have a great time in beautiful surroundings with someone else paying the bills. One said yes.

At first I was surprised. I'd thought anyone interested in cycling would enjoy watching a high-level race from within. Nearly no category racers, men or women, have been able to experience a pro race that intimately. It's like watching big league baseball from the pitcher's mound. Still, no taker. Well, one.

When the surprise wore off I became dismayed. Still, when James Sharpe asked me to try again this year, I agreed. I asked several guys and a couple of women.

If you're not racing, I said, could you help us out? Maybe you could ride on the motorcycle and follow the breakaways. Or you could drive a rental car or sit in the back seat with the wheels and watch the race from two car-lengths behind. It'll be fun. Maybe you'll even get paid.

No one had time. No one could afford to take a day from his or her demanding training schedule to help out that Saturday in Casa



Grande, Arizona, an hour by car away.

Again, as the list of refusals grew long, I grew disgusted and weary. I emailed James Sharpe and told him how hard it was to find volunteers or even paid help for races. Beats me up emotionally, I told him.

But here I am, doing it again. I want to ask you to help out sometime at some event or effort that is not yours. I know you're not a watcher or a helper. You're not a "fan." I know you're busy. I'm asking anyway.

Someone has to be willing to help or many good things just won't happen. I want to ask you to be a helper, not a doer, for just one day. You can be a doer the other 364.

People have done it for you. Someone has set his or her agenda aside so that you could do what you wanted to do. Just once, I'm asking you to be that person.

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TRACK RACING

JUNE

- Jun 5: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org
- Jun 6: Alpenrose Weekly**
Portland, OR. See series info. Mike Murray, 503-661-5874, www.obra.org/track
- Jun 7: Alpenrose Friday Night Racing**
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org
- Jun 7: Marymoor Friday Night Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jun 12: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org
- Jun 13: Alpenrose Weekly**
Portland, OR. See series info. Mike Murray, 503-661-5874, www.obra.org/track
- Jun 14: Alpenrose Friday Night Racing**
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org
- Jun 14: Marymoor Friday Night Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jun 17: Marymoor Velodrome Monday Night Junior Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jun 19: Marymoor Wednesday Night Track Racing**
See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org
- Jun 20: Alpenrose Weekly**
Portland, OR. See series info. Mike Murray, 503-661-5874, www.obra.org/track
- Jun 21: Alpenrose Friday Night Racing**
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org
- Jun 21: Marymoor Friday Night Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jun 24: Marymoor Velodrome Monday Night Junior Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jun 26: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jun 27: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>

- Jun 28: Alpenrose Friday Night Racing**
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org
- Jun 28: Marymoor Friday Night Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jul 1: Marymoor Velodrome Monday Night Junior Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Ass., 425-869-1545, <http://marymoor.velodrome.org>
- Jul 3: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Ass., 425-869-1545, www.marymoor.velodrome.org
- Jul 4: Alpenrose Weekly**
Portland, OR. See series info. Mike Murray, 503-661-5874, www.obra.org/track
- Jul 5: Alpenrose Friday Night Racing**
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org
- Jul 5: Marymoor Friday Night Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Ass., 425-869-1545, <http://marymoor.velodrome.org>
- Jul 6-7: State Games Track Races**
Portland, OR. Jeff Weatherill, 503-721-6221, cpjweath@nmhg.com
- Jul 8: Marymoor Velodrome Monday Night Junior Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jul 10: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org
- Jul 11: Alpenrose Weekly**
Portland, OR. See series info. Mike Murray, 503-661-5874, www.obra.org/track
- Jul 12: Alpenrose Friday Night Racing**
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org
- Jul 12-13: American Velodrome Challenge Track Racing Series**
Redmond, WA. The premier track racing event of the season. Elite riders compete for cash. Sandy Seidensticker, Marymoor Velodrome Ass., 425-869-1545, <http://marymoor.velodrome.org>
- Jul 12: Marymoor Friday Night Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Ass., 425-869-1545, <http://marymoor.velodrome.org>

- Jul 15: Marymoor Velodrome Monday Night Junior Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jul 17: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org
- Jul 18: Alpenrose Weekly**
Portland, OR. See series info. Mike Murray, 503-661-5874, www.obra.org/track
- Jul 19-21: Alpenrose Challenge**
Portland, OR. Largest prize list track race in North America. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track
- Jul 19: Marymoor Friday Night Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jul 22: Marymoor Velodrome Monday Night Junior Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jul 24: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org
- Jul 25: Alpenrose Weekly**
Portland, OR. See series info. Mike Murray, 503-661-5874, www.obra.org/track
- Jul 26: Alpenrose Friday Night Racing**
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org
- Jul 26: Marymoor Friday Night Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jul 29-Aug 3: Alpenrose Six-Day**
Portland, OR. The only six-day race in North America Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track
- Jul 29: Marymoor Velodrome Monday Night Junior Racing**
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, <http://marymoor.velodrome.org>
- Jul 31: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

- Jul 14-20: Habitat 500**
St. John's (near Mpls), MN. Charity ride to raise money for Habitat for Humanity. Money raised goes to home affiliate of rider Jenifer Page, Habitat for Humanity, Minnesota, 3001 4th St., Minneapolis, MN, 55414. (612)331-4439, www.habitat500.org/
- Jul 15-20: San Juan Islands Family Camping**
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking, hiking and whale watching. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 15-20: Banff-Jasper**
Banff-Jasper Canada. 6-day tour: Cycle and Hike through Banff and Jasper National Parks Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 19-21: Paradise 3-day Challenge**
Southwest Montana & Yellowstone. Experience the grandeur of SW Montana, Yellowstone National Park. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com
- Jul 20-28: Oregon Crater Lake**
Eugene, OR. 8 days (two layovers) Levels: Intermediate to advanced. Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 20: 300 km Lower Mainland Brevet**
Lower Mainland, BC. Start at 6:00 a.m. Part of BC Randonneurs Cycling Club. Barry Chase, 604-266-4214
- Jul 20: Midsummer Nightmare Double Century**
Spokane, WA. Scenic Double Century in NE Washington. Includes shirt, food, map, and sag support Steve Sausser, Spokane Bicycle Club, 13906 E. 21st Ave, Veradale, WA, 99037. 509-922-7249, www.spokanebicycleclub.org
- Jul 21: Hutch's 100K**
Bend, OR. 62 mile ride. Mostly flat with small rollers. Meet at Tumalo State Park. 5 miles west of Bend. 8:00 a.m. \$5.00 entry fee. Hutch's Bicycles, Bend, OR, 503-382-9253, www.hutchsbicycles.com
- Jul 21-27: Valcanoes Hiking**
Portland, OR. 6 days (one layover) Levels: all. Activities include hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 21-26: Canadian Gulf Islands**
Victoria, BC. 6 days (one layover). levels: energetic beginner to advanced. Activities include biking, sea kayaking, hiking and Butchart Gardens. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 21: Victoria Populaire**
Victoria, BC. Route: 50 km, 100 km, 150 km, various routes. Ride begins 9:00 a.m. Start location: Oak Bay High School. Michael Poplawski, 250-882-1239, www.randonneurs.bc.ca
- Jul 22-11: San Juan Islands - Camping**
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking and hiking Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

- Jul 23-27: Glacier Sampler**
NW Montana. 5 days, 4 nights. Ride through the unparalleled beauty of Glacier National Park. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com
- Jul 24-28: Rocky Mountain 1200**
Kamloops, BC. North Thompson, BC and Alberta Rockies. Part of BC Randonneur series. Danelle Laidlaw, 877-606-2453
- Jul 25: RAMROD 2002**
Enumclaw, WA. 19th Annual Ride Around Mt. Rainier in one day. 154 miles and 10,000+ ft. of climbing. 700 rider limit. Register on-line or at Bike Expo. No day of registrations. Tom Killion, Redmond Cycling Club, 425-739-8610, www.RedmondCyclingClub.org/ramrod
- Jul 26-29: Ride Around the Marble Mountain Wilderness**
Fort Jones, CA. 4-day ride, 194 miles. Russ Rickert, 164 Alameda Drive, Ashland, OR, 97520. 541-482-8704
- Jul 27-Aug 3: Glacier-Banff-Jasper**
Montana, Canada. 8-day tour highlights: Going-to-the-sun Hwy, Icefields Parkway, Banff and Jasper National Parks Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 27: Summit to surf (Tour de Cure)**
Portland, OR. 1-888-DIABETES, www.diabetes.org/adaor/summit/index.html
- Jul 27-Aug 3: Washington Alps**
Washington's Cascade Mountains. Pedal from Index to Index across the North Cascades and Stevens Pass. Fully supported and a blast. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 West Spazier Ave, Burbank, CA, 91506. 800-433-0528, www.owct.com
- Jul 28-Aug 2: Canadian Gulf Islands**
Victoria, BC. 6 days (one layover). levels: energetic beginner to advanced. Activities include biking, sea kayaking, hiking and Butchart Gardens. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 29-Aug 2: San Juan Islands Family Camping**
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking, hiking and whale watching. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 29-Aug 3: Glacier Challenger**
NW Montana & Canada. 7days, 6 nights. Ride through the unparalleled beauty of Glacier National Park. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com
- Jul 30-Aug 2: San Juan Islands - 4 days**
Anacortes, WA. 4 days (one layover). Levels: all. Activities include biking, sea kayaking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

ROAD TOURING SERIES

- Apr 7-Sep 7: BC Peace Region Randonneurs Series.**
Peace Region, BC. Riders should be self-sufficient as services are few and far between the communities. Riders should contact me the day before the rides via email. Further, proper gearing is recommended. Wim Kok, 250-785-4589, wkok@nlc.bc.ca

- Jun 26: Marymoor Wednesday Night Track Racing**
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org
- Jun 27: Alpenrose Weekly**
Portland, OR. See series info. Mike Murray, 503-661-5874, www.obra.org/track

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